



## **Elbow Bursal Excision/Bursectomy Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical bulky dressing to be kept in place until follow up.
- Early wrist and finger motion is encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

### **2 Weeks Post Op:**

- Follow up appointment in clinic
- Dressing and sutures will be removed.
- AVOID repetitive deep elbow flexion for additional 2+ weeks
- Elbow and wrist range of motion exercises initiated and encouraged.
- Continue wrist and finger range of motion exercises to avoid stiffness.

### **8 Weeks Post Op:**

- Follow up appointment in clinic
- May resume heavy lifting activities upon healing of the incision site.