

ELBOW OLECRANON ORIF

POST OPERATIVE PROTOCOL

	Time Frame (weeks)	Guidelines
PHASE I	0 to 2 weeks	<ul style="list-style-type: none"> • Post-op dressing removal • Ice and modalities to control inflammation • Begin active elbow, wrist, forearm, and finger range of motion • Scapular squeezes and shoulder shrugs • Limit elbow flexion to 90 degrees until 3 weeks if triceps repaired • Orthosis fabricated with forearm neutral, elbow at 90 degrees flexion
PHASE II	2 to 4 weeks	<ul style="list-style-type: none"> • AROM progressing to AAROM with elbow ROM • AROM progressing to PROM of wrist and hand • Begin prone scapular stabilization exercises (Include 6 back program) • Begin wrist and hand strengthening • Progressing 10 degrees of flexion each week if triceps repaired
PHASE III	4 to 6 weeks	<ul style="list-style-type: none"> • Progress wrist and hand strengthening as tolerated • AROM progressing to PROM as tolerated for the elbow and forearm • Follow-up appointment with physician/PAC
PHASE IV	6 to 10 weeks	<ul style="list-style-type: none"> • HEB discontinued pending bone healing. • Progressing ROM to end range with goal to achieve functional AROM extension/flexion: 30/130 by 8 weeks • Elbow and forearm strengthening initiated. Progress wrist and hand strengthening • Rotator cuff strengthening isometrics progressing to isotonic • Begin CKC program with quadruped weight-shifting • Resisted prone scapular strengthening series • Consider SPS to progress ROM if ROM limitations persist
	10 to 12 weeks	<ul style="list-style-type: none"> • Begin gym strengthening program as tolerated • Advance CKC/push-up progression • Initiate plyometric drills (Bilateral to Unilateral) <ul style="list-style-type: none"> ◊ Plyoball wall drills ◊ Rebounder drills • Follow-up appointment with physician • Initiate interval throwing program with >90% strength test and negative clinical exam • Close to full AROM should be achieved by 12 weeks