

ELBOW ORIF/replacement REHAB GUIDELINES FOLLOWING

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INDIVIDUAL CONSIDERATIONS: this is a general guideline, please check op report and first office visit after surgery for more specific information regarding procedure and brace usage

PHASE 1: 0-2 weeks:

Brace Use

- For first 2 weeks, pt is splinted in posterior long arm splint at 60 degrees

Goals at 2 weeks:

- Control pain and protect graft
- Start PT at 2 weeks

PHASE 2: 2-6 weeks:

Post-op day 14 PT eval:

- Remove post-op bandages, assess incision and surgical site and place new dressing/bandage at end of session if needed

Goals at 6 weeks:

- Control pain and protect with brace
- Full AROM by 6 weeks

SUGGESTED THERAPEUTIC EXERCISES:

- PROM of Elbow, progress AAROM and then AROM when PROM is WNL
 - Perform rotational elbow motions (pronation/supination) with elbow at 90* of flexion
- Scap retraction and shoulder rolls
- Shoulder AAROM and AROM
- Shoulder PROM as needed
- STM to bicep/tricep and shoulder but avoid scar massage
- Wrist and hand AROM

PHASE 3 6-8 weeks

Goals:

- Improve ROM and pain
- Achieve full AROM

SUGGESTED THERAPEUTIC EXERCISE:

- Shoulder, elbow, wrist, and hand AROM
- Shoulder and elbow submax isometrics
- Prone and standing ITY of shoulder without weight

PHASE 4: 8+ weeks

Goals:

- Achieve normal elbow strength and shoulder strength, return to PLOF

SUGGESTED THERAPEUTIC EXERCISES:

- Initiate light elbow isotonic strength and gradually progress
- Shoulder IR/ER in s/l and standing light resistance and light weight
- Prone ITY light DB resistance
- Continue with rhythmic stabs (now below elbow joint)
- Continue with exercises from above phase
- Initiate bicep strengthening- start light resistance tubing or light dumbbell
- Begin standing CKC strengthening (wall walks, wall clocks, SA slides, wall push ups, ect)
- Progress shoulder strengthening
- Prone ITY with dumbbells on swiss ball
- PNF patterns
- TRX row, Y
- At 16 weeks may introduce plyo (start DA and then SA at 20 weeks)
- Progress to improving core stability: planks side planks, shoulder taps, etc