Colorado Springs Orthopaedic Group

Well Beyond.

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Postoperative Therapy Protocol

Functional Goals

Weeks 0-2: Control swelling and pain, protect anatomic repair
Weeks 2-6: Continuing protecting anatomic repair, initiate range of motion progression
Weeks 6-8: Restore full elbow extension by 8 weeks postop
Weeks 8-12: Introduce light resistance
Weeks 12-18: Full release for unrestricted activity when motion and strength have returned without swelling

Weeks 0-2

Keep postoperative splint clean, dry, and intact until follow up
Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwords
Shoulder passive range of motion to tolerance in all planes, do not force painful motion

Weeks 2-6

Discontinue splint at first postoperative appointment at two weeks
Hinged elbow brace placed, locked at 30º
Begin physical therapy at week 4

Postoperative Week	Flexion	Extension Limit	Goal
Week Four	Full Elbow Flexion	30º	Initiate Motion, Protect Repair
Week Five	Full Elbow Flexion	30º	Initiate Motion, Protect Repair
Week Six	Full Elbow Flexion	30º	Increase PROM
Week Eight	Full Elbow Flexion	20º	Increase PROM
Week Six	Full Elbow Flexion	10º	Increase PROM
Week Eight	Full Elbow Flexion	Full Extension	**Discontinue brace**

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.

Range of Motion Program

- Weeks 2-3: Passive range of motion for elbow flexion and supination with elbow at 90°, AAROM for elbow extension and pronation with elbow at 90°, shoulder motion as needed limiting excessive extension
- Weeks 3-4: Initiate active-assisted ROM with elbow flexion, continued AAROM extension and progress to passive extension ROM
- Week 4: Active motion for elbow flexion and extension
- Weeks 6-8: Begin combine motion (extension and pronation, supination and flexion), goal of full AROM by end of week 8

Strengthening Program

- Week 2: Sub-maximal pain free isometrics for triceps and shoulder musculature, pain free biceps isometrics with forearm in neutral
- Weeks 3-4: Single plane AROM elbow flexion, extension, supination and pronation
- Week 8: Initiate progress resisted exercise program for elbow flexion, extension, supination and pronation
- Weeks 12-14: Initiate light upper extremity weight training as needed

Weeks 12-14 and Beyond

Full release for unrestricted activtiy when motion and strength have returned without swelling
Continue home exercise program as directed

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