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ELBOW FRACTURE PROCEDURE POSTOPERATIVE PROTOCOL

0-2 Weeks

- Splint is worn until first follow up visit
- Keep splint clean and dry
- Return visit to the office for a 2 week visit

2-6 Weeks

- Splint will be removed and sling immobilization is utilized for 6 weeks
- The sling is only removed for hygiene, showering and physical therapy
- Begin passive and active assisted elbow flexion, extension, supination and pronation - Progress to regain elbow full range of motion
- Begin active motion of the wrist and hand
- No strengthening exercises
- Return visit to the office for a 6 weeks visit

6-12 Weeks

- Discontinue sling immobilization
- Begin active elbow flexion, extension, supination and pronation
- Progress to regain full elbow range of motion
- Continue active range of motion of wrist and hand
- Begin progressive biceps and triceps strengthening - Advance strengthening as tolerated
- Return visit to the office 12 weeks postoperatively

3-6 Months

- Continue active elbow flexion, extension, supination and pronation
- Progress to regain full elbow range of motion
- Continue active range of motion of wrist and hand
- Continue progressive biceps and triceps strengthening - Advance strengthening as tolerated
- Return visit to the office 6 months postoperatively

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.