

Open Reduction Internal Fixation Olecranon Physical Therapy Protocol/Prescription

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



Precautions:

- Aggressive elbow flexion ROM for 4-6 weeks
- Biceps strengthening for 6 weeks
- Closed kinetic chain exercises for 6-8 weeks



Immediate Post-Op Phase: Weeks 0-4

Goals:

- Protect healing site for 4-6 weeks
- Decrease pain/inflammation
- Decrease muscular atrophy
- Promote tissue healing



Post-Operative Week 1

- **Brace:** Posterior splint at 90 degrees elbow flexion for 10 days
- **Range of Motion:** Wrist AROM ext/flexion immediately postoperative
- Elbow postoperative compression dressing (5-7 days)
- Wrist (graft site) compression dressing 7-10 days as needed
- **Exercises:** Gripping exercises
- Wrist ROM
- Shoulder isometrics (No Shoulder ER)
- **Cryotherapy:** To elbow joint as needed



Post-Operative Week 2

- **Brace:** Hinged elbow brace locked at 90° flexion when not in therapy
- **Exercises:** Continue all exercises listed above
- Initiate PROM of elbow 30°-100° (greater extension is acceptable)
- Initiate elbow extension isometrics (sub-painful)
- Continue wrist ROM exercises 4-5 x daily
- Initiate light scar mobilization over distal incision

- No biceps or active elbow flexion
- Continue wrist ROM exercises 6-8 x daily
- **Cryotherapy:** Continue ice to elbow

○ **Post-Operative Week 3**

- **Brace:** Hinged elbow brace open to ROM as above
- **Exercises:** Continue all exercises listed above
- Elbow ROM 6-8 x daily
- Initiate active ROM Wrist and Elbow (No resistance)
- Continue PROM/AAROM elbow motion
- Elbow ROM (minimal) 15°-105° progress extension as tolerated
- Initiate shoulder rehab program
 - Tubing IR/ER
 - Full can
 - lateral raises
 - Elbow extension
- Initiate light scapular strengthening exercises
- May incorporate bicycle for lower extremity strength & endurance

○ **Post-Operative Week 4**

- **Brace:** Unlock completely
- Elbow ROM 0° to 125°
- **Exercises:** Begin light resistance exercises for arm
 - Wrist curls. Extensions, pronation, supination
 - Elbow extension
- Progress shoulder program emphasizing rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light dumbbells
- Initiate Throwers Ten if overhead athlete

○ **INTERMEDIATE PHASE (Week 5-8)**

Goals:

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength
- Restore full function of graft site

**Post-Operative Week 5**

- **ROM:** Elbow ROM 0°-135°
- Discontinue hinged elbow brace
- Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

**Post-Operative Week 6**

- **AROM:** 0°-145° without brace or full ROM
- **Exercises:** Continue Throwers Ten Program
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Progress shoulder program
- Able to initiate more aggressive elbow flexion
- Initiate biceps strengthening

**Post-Operative Week 7**

- Progress Thrower's Ten Program (progress weights)
- Initiate PNF diagonal patterns (light)

**ADVANCED STRENGTHENING PHASE (Week 9-14)****Goals:**

- Increase strength, power, endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

**Post-Operative Week 8**

- **Exercises:** Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Continue shoulder program Throwers Ten Program
- Manual resistance diagonal patterns
- Initiate plyometric exercise program
 - Chest pass
 - Side throw close to body
- Continue stretching calf and hamstrings

○ **Post-Operative Week 10**

- **Exercises:** Continue all exercises listed above
- Program plyometrics to 2 hand drills away from body
 - Side to side throws
 - Soccer throws
 - Side throws
- Increase plyometrics as tolerated

○ **RETURN TO ACTIVITY PHASE (Week 12-16)**

Goals:

- Continue to increase strength, power, and endurance of upper extremity musculature
- Gradual return to sport activities

○ **Post-Operative Week 12**

- **Exercises:** Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises
- Maintain full elbow ROM
- Initiate one hand plyometric throwing (stationary throws)
- Initiate one hand wall dribble
- Initiate one hand baseball throws into wall
- Initiate interval throwing program phase I
- Initiate hitting program

○ **Post-Operative Week 14-16**

- **Exercises:** Continue interval throwing program
- Gradual return to sports

Comments:

Frequency: ____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____