



POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING OLECRANON ORIF

Precautions:

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

I. IMMEDIATE POST-OPERATIVE PHASE (0-4 weeks)

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

A. Post-Operative Week 1

Brace: Posterior splint at 90 degrees elbow flexion for 4 weeks

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

B. Post-Operative Week 2

Brace: Posterior splint at 90 degrees flexion

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

C. Post-Operative Week 3

Brace: Posterior splint for comfort

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

D. Week 4

Brace: Posterior splint for comfort
 Elbow ROM 0 to 125 degrees

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

II. 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

A. Week 5

ROM: Elbow ROM 0-135 degrees
 Discontinue brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

B. Week 6

AROM: 0-145 degrees without brace or full ROM

Exercises: Continue Thrower's Ten Program
 Progress elbow strengthening exercises
 Initiate shoulder external rotation strengthening
 Progress shoulder program
 Able to initiate more aggressive elbow flexion
 Initiate biceps strengthening

Week 7 _____

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

III. ADVANCED STRENGTHENING PHASE (Week 9-14)

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

A. Week 8

Exercises: Initiate eccentric elbow flexion/extension
Continue isotonic program: forearm & wrist
Continue shoulder program – Thrower's Ten Program
Manual resistance diagonal patterns
Initiate plyometric exercise program
(2 hand plyos close to body only)
-Chest pass
-Side throw close to body
Continue stretching calf and hamstrings

B. 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

IV. RETURN TO ACTIVITY PHASE (Week 12-16)

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

A. 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

B. Week 14-16

Exercises: Continue interval throwing program
Gradual return to sports