

Lisa Kaplin, DO

OLECRANON OPEN REDUCTION INTERNAL FIXATION REHAB

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:

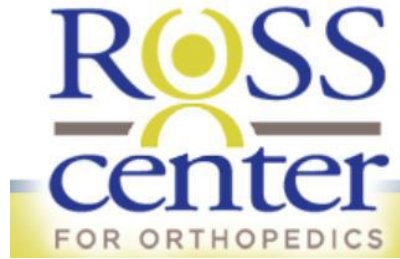
Brace: Posterior splint at 90 degrees elbow flexion for 10 days
Range of Motion: Wrist AROM ext/flexion immediately postoperative
Exercises:
Gripping exercises
Wrist ROM
Shoulder isometrics (No Shoulder ER)
Cryotherapy: To elbow joint as needed

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



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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

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)

ADVANCED STRENGTHENING PHASE

(Week 9-14) Goals:

Increase strength, power, endurance

Maintain full elbow ROM

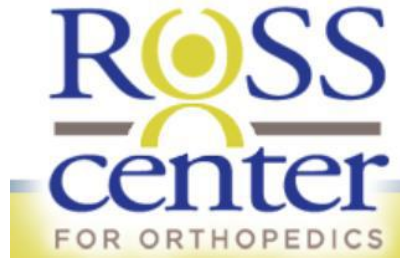
Gradually initiate sporting activities

Post-Operative Week 8:

Exercises:

Initiate eccentric elbow flexion/extension

Continue isotonic program: forearm & wrist



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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

Post-Operative Week 14-16:

Exercises:

Continue interval throwing program

Gradual return to sports