

### Olecranon ORIF Rehab Protocol

Overall Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.

#### **Phase 1: Immediate Postoperative Period: Postoperative Day 0 to 5-7 Days**

*Goals:* Decrease pain and swelling, Protect Surgical Repair

1. The Jones dressing is removed after two-three days
2. Brace/ sleeve is applied over Aquacel dressing placed on the wound.
3. Physical therapy program is initiated
  - a. including active and passive motion

#### **Phase 2: Sub-Acute Phase: Days 7 to 14**

*Goals:* Decrease/eliminate pain, increase ROM- **Goal is 15° to 105° of motion by 14 days**

1. Elbow active and active-assisted flexion
2. Passive extension.
3. ROM should be performed with the arm adducted close to the body
4. Putty/grip exercises
5. Isometric strengthening exercises for the elbow and wrist

#### **Phase 3: Rehabilitative Phase/Functional Phase: 15 days to 6 weeks**

1. Continue elbow active and active assisted flexion exercises
2. Passive extension
3. Full flexion and extension ROM should be achieved by the end of 6 weeks
4. Begin light isotonic strengthening of flexion
5. Maintain shoulder, wrist, hand strength and ROM

#### **Phase 4: Return to Pre-Injury Levels: 7-12 weeks**

6. Begin active and active assisted supination and pronation
7. Full pronation and supination should be achieved by the end of the 8th week
8. Progressively increase isotonic strengthening in flexion
9. Begin active extension and extension strengthening once bony union is evident on x-rays AND/OR indicated by surgeon
10. Work on any deficits