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ELBOW FRACTURE REHABILITATION

IMMEDIATE POST OPERATIVE PHASE (0 - 3 weeks)

Goals: Protect Healing Tissue
        Decrease Pain/Inflammation
        Retard Muscular Atrophy
        Establish Limited Range-of-Motion

Post-Operative Week 1

Brace: Posterior splint at 90° elbow flexion

Range-of-Motion: Wrist AROM extension/flexion

Exercises: Gripping exercises
           Wrist ROM
           Shoulder Isometrics
           - Internal rotation
           - Flexion/extension
           - Abduction/adduction
           - Biceps isometrics

Cryotherapy

Post-Operative Week 2

Brace: Application of functional brace set at 30° - 100°.

Exercises: Initiate shoulder ER isometrics
           Initiate wrist isometrics
           Initiate elbow extension isometrics
           Continue all exercises listed above

Post-Operative Week 3

Brace: Advance brace to 0-120°.
       Gradually increase ROM - 5° extension/10° flexion per week

Exercises: Initiate light isotonics (no weight, use the weight of the arm)
           Shoulder abduction
           Shoulder elevation
           Scapular strengthening
           Biceps/triceps
           Wrist flexion/extension
           Forearm pronation/supination
           Initiate tubing ER/IR at 0° abduction
           Continue ROM and gripping exercises
Intermediate Phase (weeks 4-8)

**Goals:**
- Gradual increase in ROM
- Promote repair of healed tissue
- Regain and improve muscular strength

**Week 4**

**Brace:** Functional brace set 0-120°

**Exercises:**
- Begin light weight resistance exercises for arm (1lb.)
- Wrist curls, extensions, pronation, supination
- Elbow flexion/extension
- Progress shoulder program, emphasize rotator cuff strengthening
  - Emphasis on external rotation, side lying

**Week 6**

**Brace:** Functional brace set 0-130°; AROM 0-145° without brace

**Exercises:**
- Discontinue brace at the end of week 6
- Progress wrist and elbow strengthening exercises
- Progress shoulder program