



Rehabilitation Protocol Elbow Arthroplasty

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PHASE I: EARLY ROM, PROTECT TRICEPS

(0 to 6 weeks)

- Soft post-op dressing remains in place for the first week.
- Staples will be removed by surgeon in 7-10 days.
- Extension night splint is to be worn at night.
- Initiate elbow exercise program 5 times per day:
 - AAROM and PROM into flexion, extension, supination and pronation
 - No restriction on elbow motion
 - Grip ROM and strengthening exercises
- Avoid active elbow extension.
- Notify physician if wound drainage persists 10 days after surgery.

PHASE II: RESTORE FUNCTION

(>6 weeks)

- Advance active and passive ROM as tolerated.
- Initiate gentle elbow strengthening.
- Discontinue night splint.