



## **Olecranon Open Reduction Internal Fixation Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical bulky dressing and removable splint to be kept in place for 3-4 days.
- Elevate and ice for at least 3 days; gentle full motion of fingers encouraged several times a day.
- Shower with a plastic bag covering the splint and seal with tape.
- Your pain may be worst in the first 24-48 hours and then will lessen.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### **2 Week Post-op:**

#### **Splint:**

- Occupational Therapy will fashion removable splint holding the elbow in 90 degrees flexion and wrist in neutral. Splint to be worn full time except for when performing therapy exercises

#### **Motion:**

- Finger/Hand/Wrist AROM/AAROM/PROM encouraged immediately.
- Elbow AROM/AAROM extension and flexion; Gentle PROM at 4 weeks

#### **Non-weight bearing**

### **6 -10 weeks:**

#### **Splint:**

- Wean from the splint at 6 weeks, discontinue by 8 weeks.

#### **Motion:**

- Advance PROM to elbow flexion/extension, and continue AROM/AAROM exercises.

#### **Strengthening:**

- Begin forearm strengthening at 6 weeks, and gentle elbow strengthening at 8 weeks.
- 5 lbs lifting restriction starting at 6 weeks.
- 15 lbs lifting restriction at 8 weeks.
- Transition to a home exercise program by 8 weeks.

### **10-12+ weeks:**

- Gradually return to light activity and exercise. There are no further activity restriction after 12 weeks.

### **Considerations:**

- Expect some loss of elbow flexion/extension.
- Sometimes, ulnar nerve decompression may be necessary for patients with pre-op elbow flexion of less than 100°, or patients with ulnar nerve symptoms pre-operatively.