



**Outerbridge-Kashiwaghi (O-K) Procedure
Osteoarthritis of the Elbow with Multiple Loose Bodies & Spurs
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.
- Continue elevation as often as possible until your next clinic visit. (Elevate above your heart.)
- 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.

Within 3-5 days Post Op (at therapy):

- Therapist will remove your bulky dressing.
- It is important to keep your incision area clean and dry.
- Initiate continuous passive motion.
- Continue to wear removable splint until 10-14 days post op, or as instructed.

2 Weeks Post Op:

- Follow up appointment in clinic
- Sutures will be removed in the office.
- At therapy, expect a flexion/extension splint to maximize elbow movement until 4-6 weeks post op.
- Therapist will address scar and edema management.
- Active Range of Motion (ROM) exercises initiated.

8 Weeks Weeks Post Op:

- Follow up appointment in clinic

16 Weeks Post Op:

- Follow up appointment in clinic with Surgeon

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.