

## OLECRANON ORIF POST-OP PROTOCOL

### Phase I – Immediate Post Operative Phase (Week 0-2)

- Goals
  - Allow soft tissue healing
  - Decrease pain and inflammation
  - Retard muscular atrophy
- Posterior splint at 90° elbow flexion with wrist free for motion
  - Splint worn at all times except during physical therapy
  - Sling may be used for comfort
  - d/c splint at 2 weeks post-op
- Elbow compression dressing
- Exercises
  - Gripping
  - Wrist ROM (passive only)
  - Shoulder isometrics (no shoulder ER)

### Phase II – Intermediate Phase (Week 2-8)

- Goals
  - Restore full pain free range of motion
  - Improve strength, power, endurance of upper extremity musculature
  - Gradually increase functional demands
- d/c splint, continue use of sling as needed for comfort until week 4
- ROM as tolerated out of splint
- Exercises
  - Progress elbow ROM, emphasize full extension
  - Initiate flexibility exercises for:
    - Wrist ext/flexion
    - Forearm supination/pronation
    - Elbow ext/flexion
  - Initiate strengthening exercises for:
    - Wrist ext/flexion
    - Forearm supination/pronation
    - Elbow ext/flexors
    - Shoulder program (Thrower's Ten Shoulder Program)

**Phase III – Advanced Strengthening Program (Week 8-12)**

- Goals
  - Improve strength/power/endurance
  - Gradually initiate sporting activities
- Exercises
  - Initiate eccentric exercise program
  - Initiate plyometric exercise drills
  - Continue shoulder and elbow strengthening and flexibility exercises
  - Initiate interval throwing program for throwing athletes

**Phase IV – Return to Activity (week 12-32)**

- Gradual return to activities, no restrictions beyond week 12