

Elbow Dislocation REHABILITATION PROTOCOL

	Range of Motion	Brace/Sling	Exercise/Strength
<i>Weeks 1-4</i>	Early gentle ROM	Wean as tolerated	<ul style="list-style-type: none"> • Wrist and Hand Exercises • Gentle PROM - working to get full extension, can progress extension by 10-20 degrees (in extension block brace) as tolerated each week • •General cardiovascular and muscular conditioning program • Strengthen through ROM • Soft tissue mobilization if indicated – especially assess the brachialis myofascia
<i>Weeks 5-8</i>	Begin FULL ROM PROM → AAROM → AROM	None	<ul style="list-style-type: none"> • Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights • Incorporate sport specific exercises if indicated • Joint mobilization, soft tissue mobilization, or passive stretching if indicated • Continue to assess for neurovascular compromise • Nerve mobility exercises if indicated • Modify/progress cardiovascular and muscular conditioning program
<i>Weeks 9-16</i>	Full ROM	No Sling	<ul style="list-style-type: none"> • Interventions as above • Modify/progress cardiovascular and muscular conditioning • Progress sport specific or job specific training