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Olecranon Open Reduction Internal Fixation Rehabilitation Guidelines

I. Immediate Post-Operative period (0-2 weeks):

- Full time splinting.
- Full hand extension to tight fist 10x/ hour while awake.
- Non-weight bearing to operative extremity. No resisted extension exercises.

II. Therapy 2-6 weeks

- AROM/ AAROM with gravity assisted extension of elbow.
- AROM/ PROM of shoulder, wrist, and hand.
- May advance elbow flexion *ad lib* after 4 weeks.
- modalities prn
- HEP

III. Therapy 6-12 weeks

- *1-2x/week x 6 weeks*
- AROM/ PROM of elbow, wrist, and hand.
- If >20 degree lack of extension or elbow flexion <130 at 8 weeks, add a static progressive splint to address this deficit.
- Start progressive general strengthening of shoulder, elbow, wrist, and hand.
- When is at least 10-130 degrees of flexion and elbow flexion/ extension strength = 80% of contralateral, may advance patients with heavy manual laboring jobs to work hardening. Other patients may advance to HEP.
- Modalities prn
- HEP