Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

OLECRANON BURSECTOMY
Post-Op Protocol

Phase I—Immediate Motion Phase

Goals

- Improve/regain range of motion
- Delay muscular atrophy
- Decrease pain/inflammation

Days 0-7

- Rest in splint
- Elevate to reduce swelling
- Ice regularly

Days 7-14

- Range of motion to tolerance (elbow flexion/extension and supination/pronation)
    - Often full elbow extension is not capable due to pain
- Gentle overpressure into extension
- Wrist flex/ext exercises
- Gripping exercises with putty
- Isometrics for wrist/elbow
- Compression/ice 4-5 times daily

Days 14-17

- Range of motion ext/flex (at least 20-90 degrees)
- Overpressure into extension (4-5 times daily)
- Joint mobilization to re-establish ROM
- Continue isometrics and gripping exercises
- Continue use of ice

Days 17-21

- ROM exercises to tolerance (at least 10-100 degrees)
- Overpressure into extension (3-4 times daily)
- Continue joint mobilization techniques
- Initiate light dumbbell programs (PREs)
- Biceps, triceps, wrist flex/ext, sup/pronators
- Continue use of ice post-exercise

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Phase II—Intermediate Phase

Goals

- Increase range of motion
- Improve strength/power/endurance
- Initiate functional activities

Week 3-4

- Full ROM exercises (4-5 times daily)
- Overpressure into elbow extension
- Continue PRE program for elbow and wrist musculature
- Initiate shoulder program (Thrower's Ten Shoulder Program)
- Continue joint mobilization
- Continue use of ice post-exercise

Week 4-7

- Continue all exercises listed above
- Initiate light upper body program
- Continue use of ice post-exercise

Phase III—Advanced Strengthening Program

Goals

- Improve strength/power/endurance
- Gradual return to functional activities

Criteria to Enter Phase III

- Full non-painful ROM
- No pain or tenderness

Week 8-12

- Continue PRE program for elbow and wrist
- Continue shoulder program
- Continue stretching for elbow/shoulder
- Initiate interval program and gradually return to sporting activities