

COMPREHENSIVE PHYSICAL THERAPY

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Sports Medicine/Foot & Ankle

ORIF Olecranon

Post Operative Protocol

Precautions

Aggressive elbow flexion ROM for 4-6 weeks
Biceps strengthening for 6 weeks
Closed kinetic chain exercises for 6-8 weeks

Phase I – Immediate Post Op

Weeks 0 to 4:

Goals:

- Protect healing site for 4-6 weeks
- Decrease pain/inflammation
- Decrease muscular atrophy
- Promote tissue healing

Week 1

- Brace: 90 deg elbow flexion for 10 days
- ROM: Wrist AROM ext/flexion immediately post-op
- Elbow compression dressing (5-7 days)
- Exercises:
 - Gripping exercises
 - Wrist ROM
 - Shoulder isometrics (no Shoulder ER)
 - Cryotherapy: to elbow joint as needed

Week 2

- Brace: Hinged elbow brace locked at 90° flexion when not in therapy
- Exercises: Continue all exercises listed above
 - Initiate PROM of elbow 30°-100° (greater extension is acceptable)
 - Initiate elbow extension isometrics (sub-painful)
 - Continue wrist ROM exercises 4-5 x daily
 - Initiate light scar mobilization over distal incision
 - No biceps or active elbow flexion
 - Continue wrist ROM exercises 6-8 x daily
 - Cryotherapy: Continue ice to elbow

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Week 3

- **Brace:** Hinged elbow brace open to ROM as above
- **Exercises:** Continue all exercises listed above
 - Elbow ROM 6-8 x daily
 - Initiate active ROM Wrist and Elbow (No resistance)
 - Continue PROM/AAROM elbow motion
 - Elbow ROM (minimal) 15°-105° progress extension as tolerated
 - Initiate shoulder rehab program
 - Tubing IR/ER
 - Full can
 - lateral raises
 - Elbow extension
 - Initiate light scapular strengthening exercises
 - May incorporate bicycle for lower extremity strength & endurance

Week 4

- **Brace:** Unlock completely
- Elbow ROM 0° to 125°
- **Exercises:** Begin light resistance exercises for arm
 - Wrist curls. Extensions, pronation, supination
 - Elbow extension
 - Progress shoulder program emphasizing rotator cuff and scapular strengthening
 - Initiate shoulder strengthening with light dumbbells
 - Initiate Throwers Ten if overhead athlete

Phase II—Intermediate Phase

Weeks 5-8

Goals: Gradual increase to full ROM

- Promote healing of repaired tissue
- Regain and improve muscular strength

Week 5

- **ROM:** Elbow ROM 0°-135°
 - Discontinue hinged elbow brace
- **Continue all Exercises:** Progress all shoulder and UE exercises (progress weight 1 lb.)

Week 6

- **AROM:** 0°-145° without brace or full ROM
- **Exercises:** Continue Throwers Ten Program
 - Progress elbow strengthening exercises

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Week 7

- Progress Thrower's Ten Program (progress weights)
- Initiate PNF diagonal patterns (light)

Phase III—Advanced Strengthening

Weeks 8-14

Goals: Increase strength, power, endurance

- Maintain full elbow ROM
- Gradually initiate sporting activities

Week 8

- Exercises: Initiate eccentric elbow flexion/extension
 - Continue isotonic program: forearm & wrist
 - Continue shoulder program Throwers Ten Program
 - Manual resistance diagonal patterns
 - Initiate plyometric exercise program
 - Chest pass
 - Side throw close to body
 - Continue stretching calf and hamstrings

Week 10

- Exercises: Continue all exercises listed above
 - Program plyometrics to 2 hand drills away from body
 - Side to side throws
 - Soccer throws
 - Side throws
 - Increase plyometrics as tolerated

Phase IV—Return to Activity

Weeks 12-16

Goals: Continue to increase strength, power, and endurance of upper extremity musculature

- Gradual return to sport activities

Week 12

- Exercises: Continue strengthening program
 - Emphasis on elbow and wrist strengthening and flexibility exercises
 - Maintain full elbow ROM
 - Initiate one hand plyometric throwing (stationary throws)
 - Initiate one hand wall dribble



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Weeks 14-16

- Exercises: Continue interval throwing program
- Gradual return to sport