Total Elbow Arthroplasty Protocol

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Patient _____

D.O.S. _____

WEEK 1 (DAYS 1-7) Early phase I	WEEK 2-6 Late phase I	WEEK 6-12
Precautions: -Splint @ 60 degrees of flexion -No lifting of objects ≥1lb. -No forced flexion -Avoid varus/valgus stress **Early Phase I (Day 1-7):** -No elbow motion for first week -Out of sling/splint as tolerated -AROM cervical spine, shoulder, wrist, and hand -Frequent cryotherapy -Compressive wrapping/garments	**Precautions:** -Splint or hinged elbow brace @ 60 degrees of flexion -No lifting of objects ≥1lb. -No forced flexion -Avoid varus/valgus stress **Late Phase I** -Wean out of splint -Progress AROM cervical spine, shoulder, wrist, and hand exercises -Continue cryotherapy and edema management -Scar management upon suture removal -AAROM/AROM elbow extension and flexion to tolerance. Supination and pronation with elbow at side and 90° of flexion.	**Precautions:** -No repetitive motion ≥5 lbs. -No single lifts ≥15lbs. -No upper extremity weight bearing, pushing, or pulling with the involved side. -No vigorous strengthening program **Early Phase II (6-12 Weeks):** -continue previous exercises -Have patient gradually progress activity level -Week 6- Begin submaximal pain free elbow/forearm/wrist/hand isometrics at mid-range ROM -Week 8- Progress to submaximal pain free elbow/forearm/wrist/hand isometrics at multiple angles of ROM -Week 10-12- submaximal pain free shoulder and elbow/wrist/hand isotonic strengthening -If not at 120 degrees of flexion, use dynamic or static progressive splint -Continue cryotherapy and edema management **Late Phase II (12 weeks and on):** -Home program -Maintain pain free function arc of elbow motion -No heavy lifting ≥15lbs for life -No tennis or throwing activates for life
Any Questions? Please contact: **Northwoods Therapy Associates** Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060 July 2018		