



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

www.cvosm.com

NATHAN H. HARRIS, MD
Orthopedic Surgeon

1200 OAKLEAF WAY STE A ALTOONA WI 54720
TEL 715.832.1400 | 800.322.1747 | FAX 715.832.4187

757 LAKELAND DR. STE B CHIPPEWA FALLS WI 54729
TEL 715.723.8514 | 800.322.1748 | FAX 715.723.5989

Open Reduction Internal Fixation Olecranon Physical Therapy Protocol

Name _____ Date _____

Diagnosis s/p ORIF RIGHT/LEFT Olecranon

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

Precautions:

Aggressive elbow flexion ROM for 4-6 weeks

Biceps strengthening for 6 weeks

Closed kinetic chain exercises for 6-8 weeks

____ Immediate Post-Op Phase: Weeks 0-4

Goals: Protect healing site for 4-6 weeks

Decrease pain/inflammation

Decrease muscular atrophy

Promote tissue healing

Post-Operative Week 1

Brace: Posterior splint at 90 degrees elbow flexion for 10 days

Range of Motion: Wrist AROM ext/flexion immediately postoperative

Elbow postoperative compression dressing (5-7 days)

Wrist (graft site) compression dressing 7-10 days as needed

Exercises: Gripping exercises

Wrist ROM

Shoulder isometrics (No Shoulder ER)

Cryotherapy: To elbow joint as needed

Post-Operative 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



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

www.cvosm.com

NATHAN H. HARRIS, MD
Orthopedic Surgeon

1200 OAKLEAF WAY STE A ALTOONA WI 54720
TEL 715.832.1400 | 800.322.1747 | FAX 715.832.4187

757 LAKELAND DR. STE B CHIPPEWA FALLS WI 54729
TEL 715.723.8514 | 800.322.1748 | FAX 715.723.5989

Post-Operative 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

Post-Operative 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

INTERMEDIATE PHASE (Week 5-8)

Goals: Gradual increase to full ROM

Promote healing of repaired tissue

Regain and improve muscular strength

Restore full function of graft site

Post-Operative Week 5

ROM: Elbow ROM 0°-135°

Discontinue hinged elbow brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

Post-Operative Week 6

AROM: 0°-145° without brace or full ROM

Exercises: Continue Throwers Ten Program

Progress elbow strengthening exercises



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

www.cvosm.com

NATHAN H. HARRIS, MD
Orthopedic Surgeon

1200 OAKLEAF WAY STE A ALTOONA WI 54720
TEL 715.832.1400 | 800.322.1747 | FAX 715.832.4187
757 LAKELAND DR. STE B CHIPPEWA FALLS WI 54729
TEL 715.723.8514 | 800.322.1748 | FAX 715.723.5989

Initiate shoulder external rotation strengthening
Progress shoulder program
Able to initiate more aggressive elbow flexion
Initiate biceps strengthening

Post-Operative Week 7
Progress Thrower's Ten Program (progress weights)
Initiate PNF diagonal patterns (light)

 ADVANCED STRENGTHENING PHASE (Week 9-14)
Goals: Increase strength, power, endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Post-Operative 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

Post-Operative 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

 RETURN TO ACTIVITY PHASE (Week 12-16)
Goals: Continue to increase strength, power, and endurance of upper extremity musculature
Gradual return to sport activities
Post-Operative 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