

## Dr. Allen Olecranon Fracture Repair Rehabilitation Protocol

### Phase I: Protection (Weeks 0-6)

#### Weeks 0-2

- First post-op visit at ~2 weeks
- Leave splint in place until first visit (bag on arm to shower)
- Arm will be splinted at 90° for the first 2 weeks
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- Non-weight bearing
- Work on finger, hand, wrist motion
- Scapular retractions, triceps & deltoid isometrics

#### Weeks 2-6

- Splint is removed at first visit, will be transitioned to a hinged elbow brace
- Ok to shower after splint is removed
  - Don't soak wound, pat dry and cover with fresh bandage
- Motion is increased based on the quality of the repair at the time of surgery
  - Typical return of motion (goal for full motion at 6 weeks)
    - 90°-full extension for 2 weeks
    - Brace unlocked for 2 weeks
    - Brace discontinued at 6 weeks post-op
  - ROM (within range allowed)
    - AROM for elbow flexion, no active elbow extension until week 6

- PROM and AAROM for elbow extension and pronation/supination

- Strengthening

  - 1# lifting restriction until week 6

- Ok to use hand for cell phone, hygiene, and computers

### **Phase II: Weight Bearing (Weeks 6-12)**

- Second post-op visit at 6 weeks

  - Will plan to discontinue brace at this visit

- Ok to use arm and hand for ADLs

  - Cell phone, computer, grooming, cooking, light cleaning

- Restore full motion

- Strengthening

  - 5# weight restriction at 6 weeks if pain free

  - 10# weight restriction at 8 weeks if pain free

  - 15# weight restriction at 10 weeks if pain free

### **Phase III: Strengthening (Weeks 12+)**

- Third post-op visit at 12 weeks

- Advance weight training as able

- Return to full sport/labor work at 14-20 weeks