



Mid-America Orthopedics

Dr. John Babb

12112 W. Kellogg, Wichita, KS 67235 – (316) 630-9300

OLECRANON ORIF REHABILITATION PROTOCOL

Day 7 (first PT visit after splint d/c'd and placed in ROM brace) - Day 13 (1-3 visits/week)

- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **Brace:** 30 deg.-100 deg. Once staples are removed and wound is healed, brace can be unlocked to full ROM
- **ROM:** progress to full motion AAROM and PROM.
- **Strengthening:**
 - Gripping exercises
 - Wrist ROM
 - Elbow AAROM/PROM
 - Shoulder isometrics: (no shoulder ER)

Day 14- 27 Post-op (1-3 Visits/week)

- **Brace:** unlocked (if staples removed and wound is healed)
- **ROM:** Continue ROM towards full AAROM and PROM
- **Exercises:**
 - Continue with exercises listed above
 - Shoulder strengthening: ER/IR, full can, lateral raises
 - Initiate light scapular strengthening (**week 4**)
 - Initiate Throwers Ten (**week 4**)

Day 28- 41 Post-op (1-3 Visits/week)

- **Brace:** unlocked
- **ROM:** Continue progression towards full AAROM and PROM
- **Strengthening:**
 - Continue progressing exercises listed above with lightweight (1#)
 - Initiate light elbow AROM per pt. tolerance.

6 Weeks Post-op (1-3 Visits/week)

- **If good healing on x-rays, MD will d/c brace at 6 weeks s/p and gentle strengthening can be initiated. If pt. is a smoker or has delayed healing of fracture, will need to hold off on strengthening until 8 weeks s/p.**
- ROM: progress to full A/AA/PROM
- **Strengthening:**
 - Continue progressing exercises listed above
 - Initiate UBE
 - Initiate light elbow strengthening- including biceps and triceps strengthening with progression towards full strength in all planes
 - Initiate PNF patterns
 - Initiate eccentrics (week 8)
 - Initiate plyometric exercises (week 10)

11 Weeks Post-op (1-3 Visits/week)

- Gradual return to sport activities
- **Strengthening:**
 - Continue strength program
 - Initiate interval throwing program phase I
 - Initiate hitting program

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.

*Protocol loosely derived from AdvancedCEU.com