

Hospital for Special Surgery
HSS-Main Campus
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Hospital for Special Surgery
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**PHYSICAL THERAPY PROTOCOL
OLECRANON FRACTURE**

<p>Procedure</p>	<p>Date of Surgery/Injury: _____ R L B/L ORIF Olecranon fracture</p> <p>Additional Procedures: _____</p>
<p>Plan</p>	<p>Physical Therapy for R L B/L Elbow 2-3x Per Week x 8 Weeks</p>
<p>General Guidelines</p>	<p>Precautions:</p> <ul style="list-style-type: none"> ▪ Aggressive elbow flexion ROM for 4-6 weeks ▪ Biceps strengthening for 6 weeks ▪ Closed kinetic chain exercises for 6-8 weeks
<p>IMMEDIATE POST OP PHASE (Weeks 0-4)</p>	<ul style="list-style-type: none"> ▪ Immediate Post-Op Phase: Weeks 0-4 ▪ Goals: Protect healing site for 4-6 weeks ▪ Decrease pain/inflammation ▪ Decrease muscular atrophy ▪ Promote tissue healing
<p>POST OP WEEK 1</p>	<ul style="list-style-type: none"> ▪ 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: <ul style="list-style-type: none"> ○ Gripping exercises ○ Wrist ROM ○ Shoulder isometrics (No Shoulder ER) ▪ Cryotherapy: To elbow joint as needed

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<p><i>POST OP WEEK 2</i></p>	<ul style="list-style-type: none"> ▪ 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
<p><i>POST OP WEEK 3</i></p>	<ul style="list-style-type: none"> ▪ 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 <ul style="list-style-type: none"> ○ Tubing IR/ER ○ Full can ○ Lateral raises ○ Elbow extension ▪ Initiate light scapular strengthening exercises ▪ May incorporate bicycle for lower extremity strength & endurance
<p><i>POST OP WEEK 4</i></p>	<ul style="list-style-type: none"> ▪ Brace: Unlock completely ▪ Elbow ROM 0° to 125° ▪ Exercises: Begin light resistance exercises for arm <ul style="list-style-type: none"> ○ 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
<p>INTERMEDIATE PHASE (Week 5-8)</p>	<ul style="list-style-type: none"> ▪ Goals: Gradual increase to full ROM ▪ Promote healing of repaired tissue ▪ Regain and improve muscular strength ▪ Restore full function of graft site
<p><i>POST OP WEEK 5</i></p>	<ul style="list-style-type: none"> ▪ ROM: Elbow ROM 0°-135° ▪ Discontinue hinged elbow brace

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	<ul style="list-style-type: none"> ▪ Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)
<i>POST OP WEEK 6</i>	<ul style="list-style-type: none"> ▪ AROM: 0°-145° without brace or full ROM ▪ Exercises: Continue Throwers Ten Program ▪ Progress elbow strengthening exercises ▪ Initiate shoulder external rotation strengthening ▪ Progress shoulder program ▪ Able to initiate more aggressive elbow flexion ▪ Initiate biceps strengthening
<i>POST OP WEEK 7</i>	<ul style="list-style-type: none"> ▪ Progress Thrower's Ten Program (progress weights) ▪ Initiate PNF diagonal patterns (light)
<i>POST OP WEEK 8</i>	<ul style="list-style-type: none"> ▪ 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 <ul style="list-style-type: none"> ○ Chest pass ○ Side throw close to body ▪ Continue stretching calf and hamstrings
ADVANCED STRENGTHENING PHASE (Week 9-14)	<ul style="list-style-type: none"> ▪ Goals: Increase strength, power, endurance ▪ Maintain full elbow ROM ▪ Gradually initiate sporting activities -lateral raises <ul style="list-style-type: none"> ○ Elbow extension ▪ Initiate light scapular strengthening exercises ▪ May incorporate bicycle for lower extremity strength & endurance
<i>POST OP WEEK 10</i>	<ul style="list-style-type: none"> ▪ Exercises: Continue all exercises listed above ▪ Program plyometrics to 2 hand drills away from body <ul style="list-style-type: none"> ○ Side to side throws ○ Soccer throws ○ Side throws ○ Increase plyometrics as tolerated
RETURN TO ACTIVITY PHASE (Week 12-16)	<ul style="list-style-type: none"> ▪ Goals: Continue to increase strength, power, and endurance of upper extremity musculature ▪ Gradual return to sport activities
<i>POST OP WEEK 12</i>	<ul style="list-style-type: none"> ▪ Exercises: Continue strengthening program ▪ Emphasis on elbow and wrist strengthening and flexibility exercises

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	<ul style="list-style-type: none">▪ Maintain full elbow ROM▪ Initiate one hand plyometric throwing (stationary throws)▪ Initiate one hand wall dribble▪ Initiate one hand baseball throws into wall▪ Initiate interval throwing program phase I▪ Initiate hitting program
<i>POST OP WEEKS 14-16</i>	<ul style="list-style-type: none">▪ Exercises: Continue interval throwing program▪ Gradual return to sports