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## PHYSICAL THERAPY PROTOCOL OLECRANON FRACTURE

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| <b>Procedure</b>                           | <b>Date of Surgery/Injury:</b> _____<br><b>R   L   B/L   ORIF Olecranon fracture</b><br><br><b>Additional Procedures:</b> _____  |
| <b>Plan</b>                                | <b>Physical Therapy for   R   L   B/L   Elbow</b><br>2-3x Per Week x 8 Weeks   |
| <b>General Guidelines</b>                  | <b>Precautions:</b> <ul style="list-style-type: none"> <li>▪ Aggressive elbow flexion ROM for 4-6 weeks</li> <li>▪ Biceps strengthening for 6 weeks</li> <li>▪ Closed kinetic chain exercises for 6-8 weeks</li> </ul>   |
| <b>IMMEDIATE POST OP PHASE (Weeks 0-4)</b> | <ul style="list-style-type: none"> <li>▪ Immediate Post-Op Phase: Weeks 0-4</li> <li>▪ Goals: Protect healing site for 4-6 weeks</li> <li>▪ Decrease pain/inflammation</li> <li>▪ Decrease muscular atrophy</li> <li>▪ Promote tissue healing</li> </ul>   |
| <i>POST OP WEEK 1</i>                      | <ul style="list-style-type: none"> <li>▪ Brace: Posterior splint at 90 degrees elbow flexion for 10 days</li> <li>▪ Range of Motion: Wrist AROM ext/flexion immediately postoperative</li> <li>▪ Elbow postoperative compression dressing (5-7 days)</li> <li>▪ Wrist (graft site) compression dressing 7-10 days as needed</li> <li>▪ Exercises:               <ul style="list-style-type: none"> <li>○ Gripping exercises</li> <li>○ Wrist ROM</li> <li>○ Shoulder isometrics (No Shoulder ER)</li> </ul> </li> <li>▪ Cryotherapy: To elbow joint as needed</li> </ul> |

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| <i>POST OP WEEK 2</i>                    | <ul style="list-style-type: none"> <li>▪ Brace: Hinged elbow brace locked at 90° flexion when not in therapy</li> <li>▪ Exercises: Continue all exercises listed above</li> <li>▪ Initiate PROM of elbow 30°-100° (greater extension is acceptable)</li> <li>▪ Initiate elbow extension isometrics (sub-painful)</li> <li>▪ Continue wrist ROM exercises 4-5 x daily</li> <li>▪ Initiate light scar mobilization over distal incision</li> <li>▪ No biceps or active elbow flexion</li> <li>▪ Continue wrist ROM exercises 6-8 x daily</li> <li>▪ Cryotherapy: Continue ice to elbow</li> </ul>   |
| <i>POST OP WEEK 3</i>                    | <ul style="list-style-type: none"> <li>▪ Brace: Hinged elbow brace open to ROM as above</li> <li>▪ Exercises: Continue all exercises listed above</li> <li>▪ Elbow ROM 6-8 x daily</li> <li>▪ Initiate active ROM Wrist and Elbow (No resistance)</li> <li>▪ Continue PROM/AAROM elbow motion</li> <li>▪ Elbow ROM (minimal) 15°-105° progress extension as tolerated</li> <li>▪ Initiate shoulder rehab program <ul style="list-style-type: none"> <li>○ Tubing IR/ER</li> <li>○ Full can</li> <li>○ Lateral raises</li> <li>○ Elbow extension</li> </ul> </li> <li>▪ Initiate light scapular strengthening exercises</li> <li>▪ May incorporate bicycle for lower extremity strength &amp; endurance</li> </ul> |
| <i>POST OP WEEK 4</i>                    | <ul style="list-style-type: none"> <li>▪ Brace: Unlock completely</li> <li>▪ Elbow ROM 0° to 125°</li> <li>▪ Exercises: Begin light resistance exercises for arm <ul style="list-style-type: none"> <li>○ Wrist curls - Extensions, pronation, supination</li> <li>○ Elbow extension</li> </ul> </li> <li>▪ Progress shoulder program emphasizing rotator cuff and scapular strengthening</li> <li>▪ Initiate shoulder strengthening with light dumbbells</li> <li>▪ Initiate Throwers Ten if overhead athlete</li> </ul>   |
| <b>INTERMEDIATE PHASE<br/>(Week 5-8)</b> | <ul style="list-style-type: none"> <li>▪ Goals: Gradual increase to full ROM</li> <li>▪ Promote healing of repaired tissue</li> <li>▪ Regain and improve muscular strength</li> <li>▪ Restore full function of graft site</li> </ul>  |
| <i>POST OP WEEK 5</i>                    | <ul style="list-style-type: none"> <li>▪ ROM: Elbow ROM 0°-135°</li> <li>▪ Discontinue hinged elbow brace</li> </ul>  |

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

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