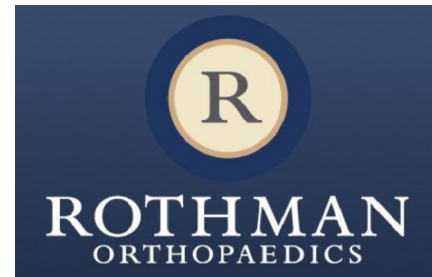


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Open Reduction Internal Fixation Olecranon Physical Therapy Protocol

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

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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

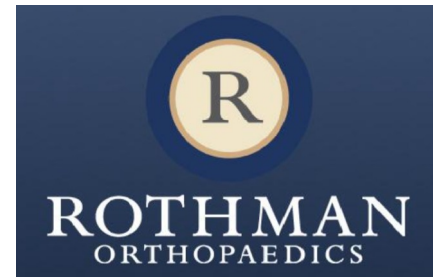
Post-Operative Week 5

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

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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

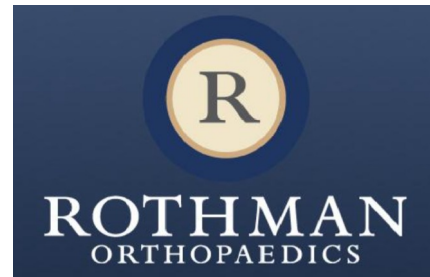
Post-Operative Week 8
Exercises: Initiate eccentric elbow flexion/extension
Continue isotonic program: forearm & wrist
Continue shoulder program Throwers Ten Program
Manual resistance diagonal patterns
Initiate plyometric exercise program
 -Chest pass
 -Side throw close to body
Continue stretching calf 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

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Initiate one hand baseball throws into wall
Initiate interval throwing program phase I
Initiate hitting program

Post-Operative Week 14-16
Exercises: Continue interval throwing program
Gradual return to sports

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before Ice after Trigger points massage Therapist's discretion

Signature _____ Date _____