

## **Olecranon ORIF**

### **Physical Therapy Post-op Protocol**

#### **Week 1**

##### **Primary goal: Allow incision healing**

- Splint until first post-operative visit (7-10 days)
- Transition to brace limiting extension
- Elevate on pillows to heart level or above

#### **Weeks 1-2**

##### **Primary goal: Initial light ROM**

- Brace set at 90 degrees.
  - Range of motion advanced by 10-15 degrees each week
- Brace may be removed for hygiene
- Active light flexion (biceps activation) to flexion that brace allows
- NO active elbow extension
- Gentle wrist and shoulder ROM
- Ball squeezes

#### **Weeks 3-4**

##### **Primary goal: Full elbow ROM**

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully straighten elbow)
- Scar tissue mobilization
- NO active elbow extension
- Continue shoulder, wrist ROM
- Stationary bike without resistance to handles

#### **Weeks 4-5**

##### **Primary goal: Full elbow ROM , early strengthening**

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully straighten elbow)
- Scar tissue mobilization

- May begin elbow active assisted extension, isotonic and eccentric wrist/forearm strengthening
- Continue shoulder, wrist ROM
- Stationary bike without resistance to handles

## **Weeks 6-9**

### **Primary goal: Increase strength**

- Wean out of brace
- Active full extension, active flexion, active supination/pronation
- Rotator cuff, deltoid, triceps isometrics
- Forearm isotonic
- Throwers Ten exercises
- PNF diagonal patterns
- Plyometrics exercise program, chest pass, side throw close to body
- May incorporate Blood Flow Restriction (BFR)
- Begin lower body stretching and strengthening

## **Weeks 9-12**

### **Primary goal: Progress to resistance exercises**

- Plyometrics 2 hand drills away from body (side to side throws, soccer throws)
- Increase upper body plyometrics
- Incorporate Blood Flow Restriction (BFR)
- Continue shoulder strength and elbow extension
- Lower body conditioning and power lifting with leg press
- Maintain flexibility of wrist and forearm

## **Weeks 12-16**

### **Primary goal: Build strength/power/endurance, Initiate sporting activities**

- One hand plyometric throwing, one hand wall dribble
- May progress lower body weight lifting (squats, deadlifts, cleans)
- May begin isolated eccentric triceps strengthening
- May begin interval throwing or hitting program at 14 weeks.

## **Weeks 17+**

- Return to sport decision made by MD only