

Central Indiana Orthopedics
14300 E 138th St
Building B
Fishers, IN 46037

TOTAL ELBOW ARTHROPLASTY PT PROTOCOL

POD 0-7 (immediately following surgery)

The elbow will be splinted in extension following surgery. This is to allow the wound to start healing. The most important aspect of rehab following this surgery is to get the wound to heal. The motion will return, even if therapy is delayed.

Weeks 1-6

Splint will be removed after 1 week.

- Arm is hung at bedside for edema control
- Gentle AA/PROM of elbow in flexion and extension
- Patient may apply force to extend elbow. No force should be applied to flex elbow (to allow wound to heal).
- Full AA/PROM in supination and pronation

Weeks 6-12

Goal is to obtain full AROM of the elbow

- Isometric strengthening of triceps with elbow at 90 degrees
- Progress to full flexion with AAROM
- Gentle strengthening of all other motions, except elbow extension

Week 12 and on

Patient has unlimited use of arm in flexion and extension.

- Progress triceps strengthening
- No more than 5 lb lifting with arm
 - This is a permanent restriction