

Total Elbow Arthroplasty

Dr. Staiger

*Schedule OT 3-5 days post-op.

** Client will have a 5# lifting restriction forever after this surgery.**

Time Frame	Treatment	Goals
Phase I Post-Op Day 3-5	<ul style="list-style-type: none"> • Evaluate and Treat. • Fabricate protective anterior long arm orthosis at 30-45° of elbow flexion. • Change dressing. Check posterior incision and instruct in protecting posterior incision i.e. don't lean on incision. • Instruct in edema management techniques. • Educate in AROM, AAROM, and PROM elbow flexion, supination, and pronation and PROM or gravity assisted elbow extension to be completed in therapy and at home. • Reinforce <u>NO</u> active elbow extension until the extensor mechanism is healed, at 6 weeks post-op. Specifically reinforce <u>NO</u> pushing up from chair. • Instruct in precautions including no use of the involved upper extremity. (May use the involved upper extremity to write.) 	<ul style="list-style-type: none"> • Edema control • Pain management • ROM
Phase II 2 Weeks	<ul style="list-style-type: none"> • Continue previous exercises and wearing the orthosis between exercise sessions. • Check posterior incision. • Begin gentle hand strengthening with putty. • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Gentle hand strengthening
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. ○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm², 3 MHz) and pulsed setting (i.e. 20%) when over the hardware area. 	<ul style="list-style-type: none"> • Continued edema control and pain management
Phase IV 4 Weeks	<ul style="list-style-type: none"> • Client may begin scar massage as long as incision is healed. 	<ul style="list-style-type: none"> • Scar management
Phase V 6 Weeks	<ul style="list-style-type: none"> • Elbow orthosis may be discontinued. • Instruct in AROM elbow extension to be completed 6-8x/day. • Strengthening may begin for wrist, forearm, and elbow. • Client returns for follow up appointment with doctor. 	<ul style="list-style-type: none"> • Progression of ROM • PREs for wrist, forearm, and elbow