

## Elbow Dislocation

Dr. Hiesterman

Time Frame	Treatment	Goals
Initial Visit	<ul style="list-style-type: none"> <li>Hinged elbow brace allowing motion from 30° extension lag to full flexion.</li> <li>Instruct in edema management techniques.</li> <li>Educate in AROM for elbow, wrist, and hand.</li> <li>Instruct that home exercises should be completed in the elbow brace.</li> <li>Instruct in precautions (may use the involved upper extremity to write).</li> <li>Continue seeing client for ROM as indicated by eval.</li> </ul>	<ul style="list-style-type: none"> <li>Edema control</li> <li>Pain management</li> </ul>
2 weeks post-injury	<ul style="list-style-type: none"> <li>After f/u, adjust elbow brace to allow 20° extension lag to full flexion or as ordered by MD</li> <li>Continue with therapy seeing client to work on ROM as needed.</li> </ul>	
4 weeks post-injury	<ul style="list-style-type: none"> <li>Adjust elbow brace to allow 10° extension lag to full flexion.</li> <li>Continue with therapy seeing client to work on ROM as needed.</li> </ul>	
6 weeks post-injury	<ul style="list-style-type: none"> <li>Adjust elbow brace to allow full extension and flexion.</li> <li>Continue with therapy seeing client to work on ROM and strengthening as needed/ordered</li> </ul>	<ul style="list-style-type: none"> <li>Full elbow pain-free ROM</li> </ul>