

Olecranon Fracture ORIF

Dr. Hiesterman

| Time Frame | Treatment | Goals |
|-----------------------------|---|---|
| Post-Op Day | OT scheduled 2-5 days post-op (usually same day as doctor) | |
| Phase I (2 weeks post-op) | <ul style="list-style-type: none"> • Only if instructed by MD: Fit patient with a hinged elbow brace with allowed motion of 0-90 flexion (may be completed in MD visit) Educate in/Review wear schedule. • Instruct in edema management techniques, • Educate in AROM elbow flexion with gentle gravity assisted elbow extension. • Initiate gentle AROM forearm rotation, AROM wrist and hand exercises as needed. • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) | <ul style="list-style-type: none"> • Pain management • Edema management • ROM as tolerated |
| Phase II (4 weeks post-op) | <ul style="list-style-type: none"> • Adjust elbow brace to allow for full flexion. • Begin gentle AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension. • May begin using ultrasound, phonophoresis, or iontophoresis • Instruct in scar management techniques in scar massage and scar pad (to begin once incision is healed). | <ul style="list-style-type: none"> • Full ROM without pain |
| Phase III (6 weeks post-op) | <ul style="list-style-type: none"> • Initiate PROM exercises to elbow and forearm | |
| Phase IV (8 weeks post-op) | <ul style="list-style-type: none"> • May begin progressive strengthening for the elbow, forearm, wrist, and hand. | <ul style="list-style-type: none"> • Progress towards normal use of affected extremity |