

## Olecranon Fracture ORIF

Dr. Kuhl

**\*Schedule OT same day as doctor (usually 2-5 days post-op).**

Time Frame	Treatment	Goals
Phase I 2 weeks post-op:	<ul style="list-style-type: none"> <li>Evaluate and Treat.</li> <li>Usual care includes fitting client with a hinged elbow brace with allowed motion of 0 to 90 degrees. This may be completed in the doctor's office. Educate/review wear schedule.</li> <li>Instruct in edema management techniques.</li> <li>Educate in AROM of elbow flexion with gentle gravity assisted elbow extension.</li> <li>Initiate gentle AROM of forearm rotation.</li> <li>AROM of wrist and hand exercises as needed.</li> <li>May use modalities as needed (ultrasound typically not done until 4 weeks post-op).</li> </ul>	<ul style="list-style-type: none"> <li>Brace use/protection</li> <li>Edema control</li> <li>AROM</li> <li>Pain management</li> </ul>
Phase II 4 weeks post-op:	<ul style="list-style-type: none"> <li>Adjust elbow brace to allow for full flexion.</li> <li>Begin gentle AAROM, and place and holds for elbow flexion and forearm rotation and/or dowel stick exercises for extension.</li> <li>May begin using ultrasound (when over plate; i.e. 3Mhz, .5wcm/2, and 20% duty cycle), phonophoresis, or iontophoresis. (modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks).</li> <li>Instruct in scar management techniques (to begin once incision is healed).</li> <li>Issue scar pad (once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>Continue advancing ROM</li> <li>Pain and edema control</li> <li>Scar management</li> </ul>
Phase III 6 weeks post-op:	<ul style="list-style-type: none"> <li>Implement PROM to elbow and forearm.</li> <li>IASTM as needed.</li> </ul>	<ul style="list-style-type: none"> <li>Continue as phase II</li> <li>Wean out of brace</li> </ul>
Phase IV 8 weeks + post-op:	<ul style="list-style-type: none"> <li>May begin progressive strengthening (eccentric to concentric) for elbow, forearm, wrist and hand.</li> </ul>	<ul style="list-style-type: none"> <li>Progress to functional independence</li> </ul>