

Elbow Arthroplasty Protocol

Phase 1	Surgery to 2 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Gravity eliminated elbow extension, forearm supination/pronation AROM • Pain-free elbow flexion AROM 0-90 degrees • Digit AROM • Wrist ROM • Cryotherapy • Scar massage • Hinged elbow brace locked at 45 degrees when not completing HEP or bathing
Phase 2	2-6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 times per week, depending on patient AROM
Precautions	<ul style="list-style-type: none"> • No lifting greater than 1lb with affected UE
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue with AROM for elbow and forearm • Therapist may initiate in clinic pain-free PROM for elbow flexion, extension, supination and pronation • Goal is to reach AROM of elbow flexion/extension 90 degrees to WFL • PROM for forearm supination/pronation • Continue with current brace-wearing protocol
Phase 3	6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 times per week, depending on range of motion and strength
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Brace may be discontinued • AROM can now be advanced past 90 degrees flexion • Advance patient into light isometric strengthening for shoulder, elbow, forearm, wrist
Phase 4	7-8 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Advance strengthening to concentric shoulder, elbow, forearm, wrist, hand as tolerated