

Olecranon Fracture Rehab Protocol

Introduction

- Indicated for non-op treatment or ORIF.
- Protocol must be altered based on fixation strength at surgery and surgeon preference.
- Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.

Phase I (0 to 14 days)

- Elbow active and active-assisted flexion.
- Passive extension. Goal is 15° to 105° of motion by 14 days. ROM should be performed with the arm adducted close to the body.
- Putty/grip exercises.
- Isometric strengthening exercises for the elbow and wrist.

Phase II (15 days to 6 weeks)

- Continue elbow active and active assisted flexion exercises.
- Passive extension. Full flexion and extension ROM should be achieved by the end of 6 weeks.
- Begin light isotonic strengthening of flexion.
- Maintain shoulder, wrist, hand strength and ROM.

Phase III (7-12 weeks)

- Begin active and active assisted supination and pronation.
- Full pronation and supination should be achieved by the end of the 8th week.
- Progressively increase isotonic strengthening in flexion.
- Begin active extension and extension strengthening once bony union is evident on xrays / indicated by surgeon.
- Work on any deficits