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Rehabilitation Protocol Total Elbow Arthroplasty

Phase I: Early ROM, protect wound (0 to 6 weeks)

- Soft postop dressing remains in place for the first week.
- Staples will be removed by surgeon in 7-10 days.
- Tubigrip stocking.
- Adjustable brace worn for 3 weeks: daytime at 90 degrees, nighttime at max tolerable extension.

- Initiate elbow exercise program 5 times per day:
 - AAROM and PROM into flexion, extension, supination and pronation
 - No restriction on elbow motion
 - Grip ROM exercises

- Notify physician if wound drainage persists 10 days after surgery.

Phase II: Restore Function (>6 weeks)

- Advance active and passive ROM as tolerated.

- Initiate gentle elbow strengthening - surgeon may modify based upon triceps health.

- Discontinue night splint.

RETURN TO ACTIVITIES

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Lower extremity cardio	3 months
Swimming	Not advised
Golf	Not advised
Tennis	Not advised