Elbow Dislocation Rehab Protocol

Phase I: Weeks 1-4

Goals: Control edema and pain
      Early full ROM
      Protect injured tissues
      Minimize deconditioning

Intervention:
  • Continue to assess for neurovascular compromise
  • Elevation and ice
  • Gentle PROM - working to get full extension
  • Splinting/bracing as needed
  • General cardiovascular and muscular conditioning program
  • Strengthen through ROM
  • Soft tissue mobilization if indicated – especially assess the brachialis myofascia

Phase II: Weeks 5-8

Goals: Control any residual symptoms of edema and pain
      Full ROM
      Minimize deconditioning

Intervention:
  • Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights
  • Incorporate sport specific exercises if indicated
  • Joint mobilization, soft tissue mobilization, or passive stretching if indicated
  • Continue to assess for neurovascular compromise
  • Nerve mobility exercises if indicated
  • Modify/progress cardiovascular and muscular conditioning program

Phase III: Weeks 9-16

Goals: Full range of motion and normal strength
      Return to pre-injury functional activities

Intervention:
  • Interventions as above
  • Modify/progress cardiovascular and muscular conditioning
  • Progress sport specific or job specific training