



Dx:  Right  Left

Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: \_\_\_\_\_

## TOTAL ELBOW ARTHROPLASTY PROTOCOL

- Day 1-2                      Arm is hung and propped on pillows for edema control
- Day 10 – 14                Sutures/Staples removed
- Week 1 – 6                Active and Active-Assisted ROM with **gentle flexion and no resistance to extension**  
Patient may apply force with opposite hand to extend elbow straight, but no force should be applied to flex (bend) the elbow. This is due to triceps repair during surgery  
Patient may do full Active and Active-Assisted ROM to Pronation and Supination.
- Week 6 – 12                Full Active ROM of the elbow  
Isometric Strengthening of the triceps with the elbow at 90 degrees  
May progress to full flexion with Active-Assistance force  
May do gentle strengthening of all other motions of elbow except extension. **\*\*week 6-8: elbow xray at this time\*\***
- Week 12 and on            Patient has unlimited use of arm in flexion and extension  
**!!! Permanent 3-5 pound weight restriction** for lifting and carrying!!!  
Additional follow-up appointments at 4 months and 1 year