



Dx:  Right  Left

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

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

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

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

## **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