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