

ELBOW OCD FIXATION/AUTO/ALLOGRAFT RECONSTRUCTION PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0-7:

- Sling/splint for comfort
- Hand/wrist/finger AROM as tolerated
- Initiate elbow PROM when pain/swelling allow

____ Weeks 2-6:

- Non-weight bearing to operative arm
- May transition out of sling at 4 weeks post op (i.e. ambulation/sleeping)
- Focus on regaining full elbow ROM – progress to AROM as tolerated
- Core strengthening initiated as tolerated
- Peri-scapular and shoulder strengthening

____ Weeks 6-8:

- Non weight bearing
- Initiate isometrics and progress to isotonic at elbow/wrist/forearm as tolerated in available ROM

____ Weeks 8-12:

- May begin progressive weight bearing
- Continue/progress isotonic per above

____ Weeks 12+:

- Progress with weight bearing
- Progress to plyometric exercises
- Throwing program approximately 4 months

Signature _____

Date: _____