

Elbow Surgery

Immediate Postoperative Instructions

- **Splint:** Keep splint clean dry and intact. Do not get wet.
- **Shower:** May shower immediately as long as splint is protected and not allowed to get wet. May allow wound to get wet in shower once splint removed.
- **Shower:** May shower with waterproof dressing on, keep wound dry.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.
- **Activity:** Ice and elevate your splint.
- **Non Weight Bearing**

Postoperative Plan

Sling Use

- Use the sling until you regain full control and sensation of your shoulder and hand

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- Lifting allowed at 8 weeks
- 12 Weeks: Anticipated Return to Full Activities

Physical Therapy Protocol

Phase I: Weeks 0-2

- Splint at all times if applied
- Full range of motion to fingers and wrist

Phase II: Weeks 2-8

- Full active and passive range of motion of elbow
- No weight
- Full shoulder exercises, continue hand exercises
- May shower with elbow carefully held in full extension

Phase III: Weeks 8-12+

- Full Motion, Active and passive
- May start strengthening exercises slowly, starting at 2 pounds