

### TOTAL ELBOW ARTHROPLASTY

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

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

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

\_\_\_\_ Days 0 until first post-operative appointment (approximate day 2-5):

- Remain in splint – keep dry
- Finger/shoulder ROM as tolerated

\_\_\_\_ First post-operative appointment (approximately day 2-5) through week 6:

- No weight bearing more than 1 pound (glass of water/cup of coffee)
- Wean sling as tolerated with goal to be out with all activities at 2 weeks post-operatively
- Gentle PROM → AAROM and progressing AROM extension and flexion exercises initiated with elbow held close to the body (adducted position) with forearm in neutral to slight pronation
- Gentle PROM → AAROM and progressing AROM supination and pronation exercises initiated with elbow held close to the body
- Gentle gravity-assisted elbow extension stretching to enhance extension ROM
- Cervical, shoulder, wrist, hand ROM as tolerated

\_\_\_\_ Weeks 6-12:

- No lifting/weight bearing greater than 5 pounds
- 6 weeks postop: Begin submaximal pain free elbow/forearm/wrist/hand isometrics at mid range of available elbow range of motion (all planes)
- 8 weeks postop: Progress to submaximal painfree elbow/forearm/wrist/hand isometrics at multiple angles of available elbow range of motion. Avoid isometrics at end ranges of motions
- 10-12 weeks postop: Progress to sub maximal pain free shoulder and elbow/wrist/hand isotonic strengthening as motor control improves

\_\_\_\_ Weeks 12+

- Transition to home exercise program
- May increase lifting up to 10 pounds max; no tennis/throwing activities/etc. for life

Signature \_\_\_\_\_

Date: \_\_\_\_\_