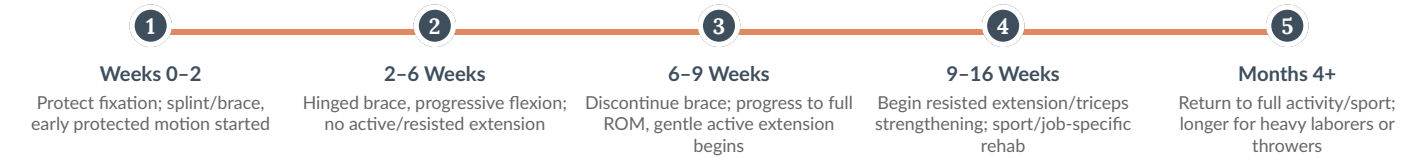


PT PROTOCOL

Olecranon Fracture — Open Reduction Internal Fixation

Rehabilitation Protocol



Milestones above are goals, not guarantees; timing depends on fracture pattern, fixation construct (plate vs. tension band wiring), and bone healing, and is guided by the surgeon.

Phase 1 Weeks 0–2

Immobilization: Posterior splint or hinged brace, generally around 90° (occasionally a more extended position per surgeon preference); a sling may be used for comfort.

Range of Motion

- Gentle, protected motion is typically started early (within the first 1–2 weeks, per surgeon) — passive extension and active flexion within a protected arc.

Precautions

- *No active or resisted elbow extension. No pushing, leaning, or bearing weight through the operative arm (e.g., pushing up from a chair) — this protects the fixation at the triceps-olecranon attachment.*

Phase 2 Weeks 2–6

Brace: Hinged elbow brace continues, with flexion progressed gradually (approximately 10° per week).

Range of Motion

- Progressive elbow flexion per brace settings; forearm rotation as tolerated.
- Passive extension only — no active or resisted elbow extension during this phase.

Therapeutic Exercises

- Gentle active elbow flexion; grip and hand exercises; shoulder isometrics as tolerated.

Precautions

- *Continue to avoid pushing, leaning, or bearing weight through the operative arm.*

Phase 3 Weeks 6–9

Brace: Discontinue.

Range of Motion

- Progress toward full elbow flexion, extension, and forearm rotation — goal of full range of motion by approximately week 9.

Therapeutic Exercises

- Begin gentle active elbow extension, without resistance.

Precautions

- *Continue to avoid pushing, leaning, or lifting through the operative arm until at least 12 weeks.*

Phase 4

Weeks 9–16

Therapeutic Exercises

- Begin resisted elbow extension and triceps strengthening.
- Progressive resistive exercise program for elbow flexion/extension and forearm rotation, advancing gradually.
- Initiate sport- or job-specific rehabilitation; overhead/throwing progression (e.g., Thrower's Ten Program) if applicable, generally beginning weeks 12–16.

Phase 5

Months 4+

Therapeutic Exercises

- Continue progressive strengthening.
- *Return to full activity/sport generally around 3–4.5 months; heavy laborers and throwing athletes may need a longer, more gradual return.*