

Total Elbow Replacement Protocol

3 Days Post-Op:

- AROM: keeping elbow close to the body
 - Elbow
 - Forearm
- Elbow extension splint fitting: to be worn at night

2 Weeks Post-Op:

- PROM
- Functional e-stim to biceps or triceps or both

6 Weeks Post-Op:

- Discontinue elbow extension splint during day
- ROM: may be performed with elbow away from body

8 Weeks Post-Op:

- Discontinue elbow splint at night
- Begin Strengthening:
 - Gentle to hand and forearm
 - Light resistance to elbow

References:

Brotzman SB, Wilk KE. *Clinical Orthopaedic Rehabilitation*. 2nd ed. Philadelphia, PA: The Curtis Center; 2003.