

Rehabilitation Protocol: Olecranon ORIF

Phase I: **0-2 weeks**

- Brace: splint at 30 degrees & neutral rotation full time
- ROM: no elbow ROM; okay for gentle shoulder, wrist, digit ROM
- Weightbearing: Non- weightbearing
- Strengthening: None
- Exercises: shoulder isometrics (no IR), wrist ROM, gripping exercises

Phase II: **2-6 weeks**

- Brace: hinged elbow brace
- ROM: 0-90 - emphasize full extension
- > Continue wrist and shoulder ROM
- Weightbearing: Non-weightbearing
- Strengthening: none
- Exercises: AROM of shoulder, progress ADLs
- Scar management

Phase III: **6-9 weeks**

- Brace: None
- ROM: advance to full
- > Continue wrist and shoulder ROM
- Weightbearing: <5 lbs
- Strengthening: none of elbow; begin rotator cuff/deltoid isometrics
- Exercises:
 - Light resistance exercises for arm: wrist curls, wrist extension, pronation, supination
 - Progress ADLs and functional activities

Phase IV: **9-12 weeks**

- Brace: none
- ROM: maintain full
- Weightbearing: progress as tolerated
- Strengthening: begin triceps isometrics; then begin active flexion and extension against gravity; resistive strengthening for deltoid/rotator cuff
- Exercises: maintain flexibility/ROM

Phase V: **12-6 months**

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: gradually increase as tolerated
- Strengthening: begin flexion/extension strengthening, advance gradually as tolerated

Phase VI: **6+ months**

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: as tolerated
- Activity: return to full activity
- Functional activities and sport-specific demands
- Return to sport after clearance by MD