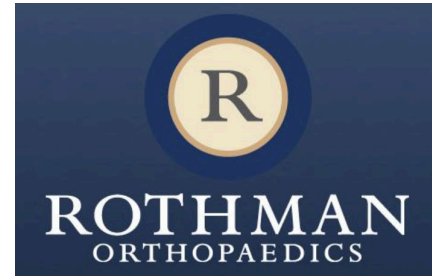


Brandon J. Erickson, MD  
Montanna Casey, ATC  
Mackenzie Lindeman, ATC  
Terry Lin, PA-C  
645 Madison Ave New York, NY  
200 White Plains Rd 4<sup>th</sup> Floor Tarrytown, NY  
450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
Montanna.Casey@rothmanortho.com  
Mackenzie.Lindeman@rothmanortho.com  
Terry.Lin@rothmanortho.com  
www.brandonericksonmd.com



Open Reduction Internal Fixation Olecranon Physical Therapy Protocol/Prescription

Name \_\_\_\_\_

Diagnosis s/p ORIF RIGHT/LEFT Olecranon

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week Duration: \_\_\_\_\_ Weeks

Precautions:

- Aggressive elbow flexion ROM for 4-6 weeks
- Biceps strengthening for 6 weeks
- Closed kinetic chain exercises for 6-8 weeks

\_\_\_\_\_ Immediate Post-Op Phase: Weeks 0-4

- Goals: Protect healing site for 4-6 weeks
- Decrease pain/inflammation
- Decrease muscular atrophy
- Promote tissue healing

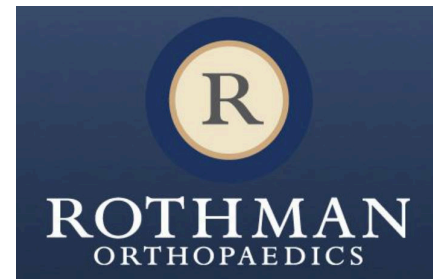
Post-Operative Week 1

- Brace: Posterior splint at 90 degrees elbow flexion for 10 days
- Range of Motion: Wrist AROM ext/flexion immediately postoperative
- Elbow postoperative compression dressing (5-7 days)
- Wrist (graft site) compression dressing 7-10 days as needed
- Exercises: Gripping exercises
- Wrist ROM
- Shoulder isometrics (No Shoulder ER)
- Cryotherapy: To elbow joint as needed

Post-Operative Week 2

- Brace: Hinged elbow brace locked at 90° flexion when not in therapy
- Exercises: Continue all exercises listed above
- Initiate PROM of elbow 30°-100° (greater extension is acceptable)
- Initiate elbow extension isometrics (sub-painful)
- Continue wrist ROM exercises 4-5 x daily
- Initiate light scar mobilization over distal incision

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450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
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Terry.Lin@rothmanortho.com  
www.brandonericksonmd.com  
No biceps or active elbow flexion  
Continue wrist ROM exercises 6-8 x daily  
Cryotherapy: Continue ice to elbow



### Post-Operative Week 3

Brace: Hinged elbow brace open to ROM as above  
Exercises: Continue all exercises listed above  
Elbow ROM 6-8 x daily  
Initiate active ROM Wrist and Elbow (No resistance)  
Continue PROM/AAROM elbow motion  
Elbow ROM (minimal) 15°-105° progress extension as tolerated  
Initiate shoulder rehab program  
-Tubing IR/ER  
-Full can  
-lateral raises  
-Elbow extension  
Initiate light scapular strengthening exercises  
May incorporate bicycle for lower extremity strength & endurance

### Post-Operative Week 4

Brace: Unlock completely  
Elbow ROM 0° to 125°  
Exercises: Begin light resistance exercises for arm  
- Wrist curls. Extensions, pronation, supination  
- Elbow extension  
Progress shoulder program emphasizing rotator cuff and scapular strengthening  
Initiate shoulder strengthening with light dumbbells  
Initiate Throwers Ten if overhead athlete

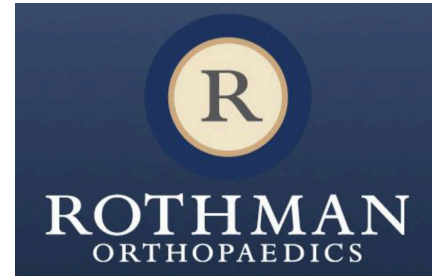
### \_\_\_\_ INTERMEDIATE PHASE (Week 5-8)

Goals: Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of graft site

### Post-Operative Week 5

ROM: Elbow ROM 0°-135°  
Discontinue hinged elbow brace

Brandon J. Erickson, MD  
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450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
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Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

#### Post-Operative Week 6

AROM: 0°-145° without brace or full ROM

Exercises: Continue Throwers Ten Program

Progress elbow strengthening exercises

Initiate shoulder external rotation strengthening

Progress shoulder program

Able to initiate more aggressive elbow flexion

Initiate biceps strengthening

#### Post-Operative Week 7

Progress Thrower's Ten Program (progress weights)

Initiate PNF diagonal patterns (light)

#### \_\_\_\_ ADVANCED STRENGTHENING PHASE (Week 9-14)

Goals: Increase strength, power, endurance

Maintain full elbow ROM

Gradually initiate sporting activities

#### Post-Operative Week 8

Exercises: Initiate eccentric elbow flexion/extension

Continue isotonic program: forearm & wrist

Continue shoulder program Throwers Ten Program

Manual resistance diagonal patterns

Initiate plyometric exercise program

-Chest pass

-Side throw close to body

Continue stretching calf and hamstrings

#### Post-Operative Week 10

Exercises: Continue all exercises listed above

Program plyometrics to 2 hand drills away from body

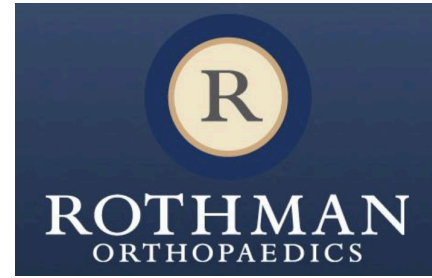
-Side to side throws

-Soccer throws

-Side throws

- Increase plyometrics as tolerated

Brandon J. Erickson, MD  
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Terry Lin, PA-C  
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450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
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\_\_\_ RETURN TO ACTIVITY PHASE (Week 12-16)

Goals: Continue to increase strength, power, and endurance of upper extremity musculature  
Gradual return to sport activities

Post-Operative Week 12

Exercises: Continue strengthening program

Emphasis on elbow and wrist strengthening and flexibility exercises

Maintain full elbow ROM

Initiate one hand plyometric throwing (stationary throws)

Initiate one hand wall dribble

Initiate one hand baseball throws into wall

Initiate interval throwing program phase I

Initiate hitting program

Post-Operative Week 14-16

Exercises: Continue interval throwing program

Gradual return to sports

Comments:

\_\_\_ Functional Capacity Evaluation \_\_\_ Work Hardening/Work Conditioning X Teach HEP

Modalities

X Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis

\_\_\_ TENS X Heat before X Ice after \_\_\_ Trigger points massage X Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_