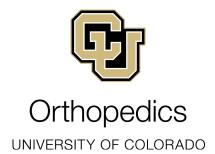
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## Rehabilitation Protocol Olecranon Fracture Fixation

## **Phase I: Early ROM & Protect Fixation** (0 to 6 weeks)

- Splint and postop dressing remains in place for the first 2 weeks.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Initiate elbow exercise program 5 times per day:
   Passive and active elbow ROM to 90 degrees of flexion
   Increase flexion 10 degrees each week in HEP
   Avoid active extension
- Grip and wrist/hand AROM immediately.
- Perform supination ROM only with the elbow flexed to 90 degrees.

## **Phase II: Full ROM and function** (>6 weeks)

• Advance ROM:

Full elbow and forearm ROM out of HEB

Initiate elbow and forearm strengthening.