

**OLECRANON FRACTURE ORIF
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5-7 DAYS POST OP

Fabricate custom long arm splint with elbow in 90-100 degrees, forearm in neutral, wrist in neutral.

Initiate edema control with light compression from the hand to axilla.

Initiate AROM to the forearm and wrist.

Initiate gravity assisted/PROM in elbow extension.

Initiate active elbow flexion, 90-100 degrees, add 5-10 degrees of flexion each week.

2 WEEKS POST OP

Initiate activating triceps with elbow extension. No forceful extension.

Continue to progress active elbow flexion between 95-110 degrees

Note: Priority of motion is forearm supination and elbow flexion as this is most important for function.

3 WEEKS POST OP

Splint can be left off for 3 one hour sessions during light ADLs

Continue to progress active elbow flexion between 100-120 degrees.

4 WEEKS POST OP

Continue to progress active elbow flexion between 105-130 degrees.

Note: Often elbow flexion will cause pain at the triceps as motion increases. Thermal ultrasound can be beneficial for pain management.

4-6 WEEKS POST OP

Splint can begin being weaned on a per patient basis; based on symptoms, function, pain, and adherence to the program. Leave off for 4 one hour sessions during light ADLs.

6-8 WEEKS POST OP

As pain is low, initiate light resistance for the elbow, forearm, wrist, and hand.