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## OLECRANON FRACTURE ORIF REHABILITATION PROTOCOL

	SPLINT/ BRACE	ROM/ THERAPEUTIC EXERCISE
<b>PHASE I:</b> (WEEK 0-3)	<ul style="list-style-type: none"><li>• Post-op splint at all times for 1 week</li><li>• Transition to hinged elbow brace locked at 90° after 1 week</li><li>• Brace is unlocked only for ROM exercise (settings 0°-90°)</li><li>• <b>STRESS IMPORTANCE OF FREQUENT HOME ROM EXERCISE, AT LEAST 3-4 TIME PER DAY</b></li></ul>	<ul style="list-style-type: none"><li>• Passive extension to 0° as tolerated</li><li>• Active flexion to 90° as tolerated</li><li>• Achieve full forearm supination and pronation</li><li>• Shoulder, wrist, hand exercises encouraged</li><li>• Edema control/Scar management</li><li>• Apply ice after exercises</li><li>• <b>NO ACTIVE ELBOW EXTENSION</b> until 6 weeks post-op</li></ul>
<b>PHASE II:</b> (WEEK 3-6)	<ul style="list-style-type: none"><li>• Hinged elbow brace at all times except exercise or hygiene</li><li>• Unlock brace according to ROM progression</li><li>• <b>STRESS IMPORTANCE OF FREQUENT HOME ROM EXERCISE, AT LEAST 3-4 TIMES PER DAY</b></li></ul>	<ul style="list-style-type: none"><li>• Passive extension to 0° as tolerated.</li><li>• Active/Passive flexion may be increased by 10° per week as tolerated.</li><li>• Continue with shoulder, wrist, hand exercises.</li><li>• <b>NO ACTIVE ELBOW EXTENSION</b> until 6 weeks post-op</li></ul>
<b>PHASE III:</b> (WEEK 6-6 MONTHS)	<ul style="list-style-type: none"><li>• Gradually wean from brace at 8 weeks from surgery</li><li>• <b>STRESS IMPORTANCE OF FREQUENT HOME ROM EXERCISE, AT LEAST 3-4 TIMES PER DAY UNTIL FULL</b></li></ul>	<ul style="list-style-type: none"><li>• Begin active elbow extension gradually and progress with strength program.</li><li>• Continue ROM as necessary.</li></ul>