

Post-Operative Instructions

Open Elbow Surgery, Olecranon ORIF (Open reduction and internal fixation)

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.
- E. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a splint or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com

Post Operative Rehabilitation Protocol Following Open Elbow Surgery: Olecranon ORIF (Open reduction and internal fixation)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I – Immediate Post Operative Phase (Week 0-2)

- Goals
 - Allow soft tissue healing
 - Decrease pain and inflammation
 - Retard muscular atrophy
- Posterior splint at 90° elbow flexion with wrist free for motion
 - Splint worn at all times except during physical therapy
 - Sling may be used for comfort
 - d/c splint at 2 weeks post-op
- Elbow compression dressing
- Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)

Phase II – Intermediate Phase (Week 2-8)

- Goals
 - Restore full pain free range of motion
 - Improve strength, power, endurance of upper extremity musculature
 - Gradually increase functional demands
- d/c splint, continue use of sling as needed for comfort until week 4
- ROM as tolerated out of splint
- Exercises
 - Progress elbow ROM, emphasize full extension
 - Initiate flexibility exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexion
 - Initiate strengthening exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexors
 - Shoulder program (Thrower's Ten Shoulder Program)

Phase III – Advanced Strengthening Program (Week 8-12)

- Goals
 - Improve strength/power/endurance
 - Gradually initiate sporting activities
- Exercises
 - Initiate eccentric exercise program
 - Initiate plyometric exercise drills
 - Continue shoulder and elbow strengthening and flexibility exercises
 - Initiate interval throwing program for throwing athletes

Phase IV – Return to Activity (week 12-32)

- Gradual return to activities, no restrictions beyond week 12

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____