Post-Op Rehabilitation Protocol: Open Elbow Surgery, Osteochondral Allograft or Autograft of the Capitellum

Name: ____________________________________________ Date: __________________________

Diagnosis: ____________________________________________ Date of Surgery: ______________

Precautions

- No elbow ROM for 2 weeks
- Elbow brace placed on at first post-operative visit at 2 weeks post-op
- Slow progression of supination, elbow extension and elbow flexion
- A/PROM to protect LCL
- Avoid full elbow extension combined with supinated forearm for 8 weeks
- No weight-bearing (CKC) exercises for minimum 4 month
- Unrestricted activity, including sports-specific skills, limited for 6 months.

I Immediate Postoperative Phase (0–3 Weeks)

Goals:
- Protect healing tissue
- Decrease pain and inflammation
- Retard muscle atrophy
- Protect graft site to allow healing

Postoperative Week 0-2

Posterior splint at 90 degrees elbow flexion (0-2 weeks)

No elbow ROM

Hinged elbow brace placed at 2 weeks post-op after splint is discontinued

II Intermediate Phase (Week 3–7)

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

A. Week 3

Brace: Elbow hinged brace 60–100 (gradually increase elbow flexion and increase extension 15 degrees at 2 week intervals)

Exercises: Begin ROM with neutral or pronated forearm

B. Week 4

Begin light resistance exercise for arm (1 lb)

- Wrist curls, extension
- Elbow extension–flexion

Progress shoulder program emphasize rotator cuff and scapular strengthening

Initiate shoulder strengthening with light resistance
C. **Week 5**
   ROM: Elbow ROM 45–125 degrees
   Remain in hinged elbow brace
   Continue all exercises: Progress all shoulder and upper extremity exercises (progress weight 1 lb)

D. **Week 6**
   ROM in brace: 30–145 degrees
   Exercises: Initiate forearm supination ROM from neutral
   Initiate Thrower’s Ten Program
   Progress elbow strengthening exercises
   Initiate shoulder external rotation strengthening Progress shoulder program

E. **Week 7**
   Brace: Discontinue brace at weeks 6–8
   Progress to full elbow ROM
   Progress Thrower’s Ten Program (progress weights)

III **Advanced Strengthening Phase (Week 8)**
   Goals: Increase strength, power, endurance
   Maintain full elbow ROM
   Gradually initiate sporting activities

A. **Week 8**
   Brace: Discontinue hinged brace by end of week 8
   Exercises: Initiate eccentric elbow flexion–extension
   Continue isotonic program: forearm and wrist
   Continue shoulder program—Thrower’s Ten Program
   Progress to isotonic strengthening program

Protocol Modifications:

Comments:

Frequency: _____ times per week  Duration: ______ weeks

Signature: ____________________________  Date: ________________