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**Post-Operative Rehabilitation Guidelines for
Olecranon Open Reduction Internal Fixation**

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

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- 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**