



Olecranon ORIF Rehab Protocol

Removeable posterior splint for first 4 weeks after surgery, removal for physical therapy and home exercises.

Phase 1 (0-2 weeks)

- Elbow active and active-assisted flexion. Passive extension. Goal is 15 degrees to 105 degrees of motion by 14 days. ROM should be performed with the arm adducted close to the body.
- Putty/grip exercises
- Isometric strengthening exercises for the elbow and wrist

Phase 2 (2-6 weeks)

- Continue elbow active and active assisted flexion exercises. Passive extension.
- Full flexion and extension ROM should be achieved by the end of 6 weeks
- Begin light isotonic strengthening of flexion
- Maintain shoulder, wrist, hand strength and ROM

Phase 3 (6-12 weeks)

- Begin active and active assisted supination and pronation
- Full pronation and supination should be achieved by the end of the 8th week
- Progressively increase isotonic strengthening in flexion
- Begin active extension and extension strengthening once bony union is evident on xrays / indicated by surgeon.
- Work on any deficits