

## Total Elbow Arthroplasty

**Dr. Staiger**

\*Schedule OT 3-5 days post-op.

\*\* Client will have a 5# lifting restriction forever after this surgery.\*\*

Time Frame	Treatment	Goals
Phase I Post-Op Day 3-5	<ul style="list-style-type: none"> <li>Evaluate and Treat.</li> <li>Fabricate a custom upper arm-based protective anterior long arm orthosis (L3702) at 30-45° of elbow flexion.</li> <li>Change dressing. Check posterior incision and instruct in protecting posterior incision i.e. don't lean on incision.</li> <li>Instruct in edema management techniques.</li> <li>Educate in AROM, AAROM, and PROM elbow flexion, supination, and pronation and PROM or gravity assisted elbow extension to be completed in therapy and at home.</li> <li>Reinforce <u>NO</u> active elbow extension until the extensor mechanism is healed, at 6 weeks post-op. Specifically reinforce <u>NO</u> pushing up from chair.</li> <li>Instruct in precautions including no use of the involved upper extremity. (May use the involved upper extremity to write.)</li> </ul>	<ul style="list-style-type: none"> <li>Edema control</li> <li>Pain management</li> <li>ROM</li> </ul>
Phase II 2 Weeks	<ul style="list-style-type: none"> <li>Continue previous exercises and wearing the orthosis between exercise sessions.</li> <li>Check posterior incision.</li> <li>Begin gentle hand strengthening with putty.</li> <li>Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>Gentle hand strengthening</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> <li>Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> <li>If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm<sup>2</sup>, 3 MHz) and pulsed setting (i.e. 20%) when over the hardware area.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continued edema control and pain management</li> </ul>
Phase IV 4 Weeks	<ul style="list-style-type: none"> <li>Client may begin scar massage as long as incision is healed.</li> </ul>	<ul style="list-style-type: none"> <li>Scar management</li> </ul>
Phase V 6 Weeks	<ul style="list-style-type: none"> <li>Elbow orthosis may be discontinued.</li> <li>Instruct in AROM elbow extension to be completed 6-8x/day.</li> <li>Strengthening may begin for wrist, forearm, and elbow.</li> <li>Client returns for follow up appointment with doctor.</li> </ul>	<ul style="list-style-type: none"> <li>Progression of ROM</li> <li>PREs for wrist, forearm, and elbow</li> </ul>