

## Olecranon Fracture ORIF

**Dr. Staiger**

\*Schedule OT same day as doctor.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Usual care includes fitting the client with a prefabricated hinged elbow brace (L3760) with allowed motion of 0° to 90°. This may be completed in the doctor's office. Educate in/Review wear schedule.</li> <li>• Instruct in edema management techniques,</li> <li>• Educate in AROM elbow flexion with gentle gravity assisted elbow extension.</li> <li>• Initiate gentle AROM forearm rotation.</li> <li>• Begin AROM wrist and hand exercises as needed.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op)</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Limited ROM</li> </ul>
Phase II 4 Weeks	<ul style="list-style-type: none"> <li>• Adjust elbow brace to allow for full flexion.</li> <li>• Begin gentle AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension.</li> <li>• May begin using ultrasound, phonophoresis, or iontophoresis. <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control</li> <li>• Pain management</li> <li>• Scar management</li> <li>• Progressing ROM</li> </ul>
Phase III 6 Weeks	<ul style="list-style-type: none"> <li>• Initiate PROM exercises to the elbow and forearm.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressing ROM</li> </ul>
Phase IV 8 Weeks	<ul style="list-style-type: none"> <li>• May begin progressive strengthening for the elbow, forearm, wrist, and hand.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>