

Olecranon Fracture ORIF

Dr. Staiger

*Schedule OT same day as doctor.

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