Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol:
Olecranon ORIF

Phase I:
0-2 weeks

- Brace: splint at 30 degrees & neutral rotation full time
- ROM: no elbow ROM; okay for gentle shoulder, wrist, digit ROM
- Weightbearing: Non- weightbearing
- Strengthening: None
- Exercises: shoulder isometrics (no IR), wrist ROM, gripping exercises

Phase II:
2-6 weeks

- Brace: hinged elbow brace
- ROM: 0-90 - emphasize full extension
> Continue wrist and shoulder ROM
- Weightbearing: Non-weightbearing
- Strengthening: none
- Exercises: AROM of shoulder, progress ADLs
- Scar management

Phase III:
6-9 weeks

- Brace: None
- ROM: advance to full
> Continue wrist and shoulder ROM
- Weightbearing: <5 lbs
- Strengthening: none of elbow; begin rotator cuff/deltoid isometrics
- Exercises:
-- Light resistance exercises for arm: wrist curls, wrist extension, pronation, supination
-- Progress ADLs and functional activities

Phase IV:
9-12 weeks

- Brace: none
- ROM: maintain full
- Weightbearing: progress as tolerated
- Strengthening: begin triceps isometrics; then begin active flexion and extension against gravity; resistive strengthening for deltoid/rotator cuff
- Exercises: maintain flexibility/ROM

Phase V:
12-6 months

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: gradually increase as tolerated
- Strengthening: begin flexion/extension strengthening, advance gradually as tolerated

Phase VI:
6+ months

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: as tolerated
- Activity: return to full activity
Functional activities and sport-specific demands
- Return to sport after clearance by MD

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