

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Elbow Dislocation – Operative and Non-op

Three times per day home exercise program:

Goal: obtain full motion while protecting the elbow ligaments while they heal

Phase 1: Week 0-6

- Splint for 0-2 weeks
- Sling x 6 weeks as needed except for hygiene and TID elbow wrist and finger ROM
- Edema control:
 - OT or clinic provided compressive stocking
 - Elevate above heart on pillows while supine
- TID finger, wrist, forearm elbow A/AAROM with the elbow tucked at the side:
 - Elbow Flexion
 - Extension (with the forearm in pronation)
 - Pronation / Supination with the elbow flexed to 90°
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- Biceps and Triceps isometrics with the elbow at 90° flexion
- Precautions
 - Avoid varus force at the elbow
 - Keep elbow tucked at the side of the body for all activities
 - Avoid holding the elbow out and away from the body (active abduction or FF at the shoulder)
 - No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Wean from sling entirely
- Add 4 quadrant shoulder A/AA/PROM as needed
- Add elbow and forearm PROM
 - Static progressive splinting OK if needed
- Add wrist, forearm and elbow gentle strengthening
- Continue above precautions (especially avoiding varus at the elbow)

Phase 3: Week 12-16 weeks

- Activities as tolerated (if ROM adequate and healed)
 - Independent home exercise program
 - Return to sport
 - Work hardening

[More info: twincitiesshoulderandelbow.com/elbow-dislocations-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/elbow-dislocations-shoulder-elbow-specialist-minneapolis-saint-paul.html)

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