

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Olecranon Fracture – ORIF

**Three times per day home exercise program:**

**Goal: Avoid fracture displacement but obtain max ROM by 3 months post-operatively**

Phase 1: Week 0-6

- Sling as needed for comfort
- Edema control:
  - Compressive stocking
  - Elevate above heart on pillows while supine
- TID finger, wrist, forearm pronation / supination A/AA/PROM
- TID elbow motion
  - A/AAROM elbow flexion, P/AAROM gravity assisted elbow extension
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- No lifting > coffee cup
- No elbow extension against resistance (pushing)

Phase 2: Week 6-12 weeks

- Discontinue sling altogether
- Advance to more aggressive elbow A/AA/PROM
- Add 4 quadrant shoulder A/AA/PROM as needed
- No lifting >5# at the side or >coffee cup overhead

Phase 3: Week 12-16 weeks

- Activities as tolerated
  - Independent home exercise program
  - Return to sport
  - Work hardening

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