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Dr. Chad Myeroff's Rehabilitation Protocol

Total Elbow Arthroplasty

Three times per day home exercise program:

Prehab: 0-6 weeks pre-operative appointment to establish care and coaching on:

- Set expectations and training on recovery, exercises and restrictions, sling donning and doffing
- Work and home evaluation / modifications including ADLs, hygiene, sleep, equipment

Phase 1: 0-2 weeks

- Sling as needed for comfort (wean out completely by 2 weeks)
- Splint full time for wound protection.
- Edema control:
 - Compressive stocking
 - Elevate above heart on pillows while supine
- Finger ROM exercises, pendulum hangs and axillary cares
- Precautions
 - ***If triceps repaired, avoid resisted elbow extension for 12 weeks
 - Coaching on lifelong lifting restrictions:
 - **No more than 2# repetitive or 5# one time weightbearing**
 - Avoid varus at the elbow (lifting with the shoulder in abduction)

Phase 2: 2 weeks (initiated once splint removed)

- Wean from sling
- Continue edema control
- Activities as tolerated within above restrictions
- Home exercise program
 - A/AA/Gentle PROM elbow flexion/extension, pronation/supination
 - A/AA/PROM elbow wrist and fingers
 - Gentle shoulder A/AAROM as needed

More info: twincitiesshoulderandelbow.com/elbowarthritis/

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