

## Rehabilitation Protocol Olecranon Fracture Fixation

Date of Surgery: \_\_\_\_\_

RIGHT

LEFT

Frequency of Visits: 2-3x/ week x 6 weeks

### **Phase I: Early ROM & Protect Fixation** (0 to 6 weeks)

- Splint and postop dressing remains in place for the first 2 weeks.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Initiate elbow exercise program 5 times per day:  
Passive and active elbow ROM to 90 degrees of flexion  
Increase flexion 10 degrees each week in HEP  
Avoid active extension
- Grip and wrist/hand AROM immediately. Begin 6-Pack exercises immediately for hand ROM.
- Perform supination ROM only with the elbow flexed to 90 degrees.

### **Phase II: Full ROM and function** (>6 weeks)

- Advance ROM:  
Full elbow and forearm ROM out of HEB
- Initiate elbow and forearm strengthening.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_