TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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Elbow Dislocation Rehab Protocol

Phase I: Weeks 1-4

Goals: Control edema and pain
Early full ROM
Protect injured tissues
Minimize deconditioning

Intervention:

- Continue to assess for neurovascular compromise
- Elevation and ice
- Gentle PROM - working to get full extension
- Splinting/bracing as needed
- General cardiovascular and muscular conditioning program
- Strengthen through ROM
- Soft tissue mobilization if indicated – especially assess the brachialis myofascia

Phase II: Weeks 5-8

Goals: Control any residual symptoms of edema and pain
Full ROM
Minimize deconditioning

Intervention:

- Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights
- Incorporate sport specific exercises if indicated
- Joint mobilization, soft tissue mobilization, or passive stretching if indicated
- Continue to assess for neurovascular compromise
- Nerve mobility exercises if indicated
- Modify/progress cardiovascular and muscular conditioning program

Phase III: Weeks 9-16

Goals: Full range of motion and normal strength
Return to pre-injury functional activities

Intervention:

- Interventions as above
- Modify/progress cardiovascular and muscular conditioning
- Progress sport specific or job specific training