TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

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

Signature/Date: _____

888-9-TROPICAL www.TropicalMedicalGroup.com

TOTAL ELBOW ARTHROPLASTY PROTOCOL

Day 1-2	Arm is hung and propped on pillows for edema control
Day 10 – 14	Sutures/Staples removed
Week 1 – 6	Active and Active-Assisted ROM with **gentle flexion and no resistance to extension** Patient may apply force with opposite hand to extend elbow straight, but no force should be applied to flex (bend) the elbow. This is due to triceps repair during surgery Patient may do full Active and Active-Assisted ROM to Pronation and Supination.
Week 6 – 12	Full Active ROM of the elbow Isometric Strengthening of the triceps with the elbow at 90 degrees May progress to full flexion with Active-Assistance force May do gentle strengthening of all other motions of elbow except extension. **week 6-8: elbow xray at this time**
Week 12 and on	Patient has unlimited use of arm in flexion and extension !!! Permanent **3-5 pound weight restriction** for lifting and carrying!!! Additional follow-up appointments at 4 months and 1 year