

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Total Elbow Arthroplasty

LIFETIME WEIGHT LIMIT OF 5 POUNDS

Day 1: Splint in extension overnight, discontinue POD1.

Phase I (1-4 wks): *Gentle ROM*

Weight bearing: <5 lb weight limit at all times

Brace: Sling for comfort if needed while ambulating or busy/crowded locations, off otherwise.

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: No active extension for 4 weeks. Continue active elbow/wrist flexion, pronation, supination and active assisted flexion. Passive extension to comfort.

Exercises: Can start grip strengthening but no active elbow or wrist strengthening until phase II.

Phase II (4-8 wks): *Advanced ROM*

Weight bearing: <5 lb weight limit at all times

Brace: None. Nighttime extension splinting if contracture developing.

ROM: Full, no limitation.

Exercises: Can add anti-gravity active extension at 4 weeks, no resistance. Biceps strengthening with elbow supported.

Phase III (8-12 wks): *Begin more aggressive strengthening*

Weight bearing: Full

Brace: None

ROM: Full

Exercises: May add anti-gravity extension but no resistance. May promote shoulder strengthening. Elbow flexion strengthening encouraged.

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Date: _____

Dax Varkey MD, MPH