

Total Elbow Arthroplasty Rehabilitation Protocol

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0-2 weeks

Concerns: Wound management (Edema), Maintaining integrity of the triceps repair (If released during surgery), Early stiffness

Rehab Goals: Protected ROM within “safe range” established during surgery

Wrist and hand ROM: Prevent stiffness. Control edema

Elbow AAROM (No PROM):

- If triceps detached and repaired at surgery:
 - AAROM in flexion: Limit to 120 degrees
 - Gravity assisted extension with light overpressure
 - (No active extension for 6 weeks)
 - AAROM in pronation/supination-No limit
- If triceps not detached during surgery:
 - AAROM in flexion and extension with no end range limit
 - AAROM in pronation/supination-no limit

2-6 weeks

Concerns: Continue to protect triceps repair (If released during surgery) until healing complete at 6 weeks.

Rehab Goals: Continue exercises above.

6-12 weeks

Concerns: Prevent Stiffness, Begin progressive strengthening

Rehab Goals: Continue progressive AAROM, can introduce PROM

Initiate strengthening to include biceps/brachialis and triceps

Incorporate wrist/hand ROM and strengthening as needed.

3 months +

Rehab Goals: Continued functional strengthening

Limit of 10 lbs for any repetitive lifting