

**Blake M. Bodendorfer, MD**  
**1 Edmundson Place Suite 500**  
**Council Bluffs, IA 51503**  
**712-323-5333**  
**16221 Evans Plaza**  
**Omaha, NE 68116**  
**402-991-9958**

[bbodendorfer@millerortho.com](mailto:bbodendorfer@millerortho.com)  
[omahasportsdoc.com](http://omahasportsdoc.com)



### **Olecranon Fracture Open Reduction Internal Fixation (ORIF) Post-Op Rehabilitation**

**Precautions:**

Aggressive elbow flexion ROM for 4-6 weeks  
Biceps strengthening for 6 weeks  
Closed kinetic chain exercises for 6-8 weeks

**\_\_\_ Immediate Post-Op Phase: Weeks 0-4**

Goals: Protect healing site for 4-6 weeks  
Decrease pain/inflammation  
Decrease muscular atrophy  
Promote tissue healing

**Post-Operative Week 1**

Brace: Posterior splint at 90 degrees elbow flexion for 10 days  
Range of Motion: Wrist AROM ext/flexion immediately postoperative  
Elbow postoperative compression dressing (5-7 days)  
Wrist (graft site) compression dressing 7-10 days as needed  
Exercises: Gripping exercises  
Wrist ROM  
Shoulder isometrics (No Shoulder ER)  
Cryotherapy: To elbow joint as needed

**Post-Operative Week 2**

Brace: Hinged elbow brace locked at 90° flexion when not in therapy  
Exercises: Continue all exercises listed above  
Initiate PROM of elbow 30°-100° (greater extension is acceptable)  
Initiate elbow extension isometrics (sub-painful)  
Continue wrist ROM exercises 4-5 x daily  
Initiate light scar mobilization over distal incision  
No biceps or active elbow flexion  
Continue wrist ROM exercises 6-8 x daily  
Cryotherapy: Continue ice to elbow

### Post-Operative Week 3

Brace: Hinged elbow brace open to ROM as above

Exercises: Continue all exercises listed above

Elbow ROM 6-8 x daily

Initiate active ROM Wrist and Elbow (No resistance)

Continue PROM/AAROM elbow motion

Elbow ROM (minimal) 15°-105° progress extension as tolerated

Initiate shoulder rehab program

-Tubing IR/ER

-Full can

-lateral raises

-Elbow extension

Initiate light scapular strengthening exercises

May incorporate bicycle for lower extremity strength & endurance

### Post-Operative Week 4

Brace: Unlock completely

Elbow ROM 0° to 125°

Exercises: Begin light resistance exercises for arm

- Wrist curls. Extensions, pronation, supination

- Elbow extension

Progress shoulder program emphasizing rotator cuff and scapular strengthening

Initiate shoulder strengthening with light dumbbells

Initiate Throwers Ten if overhead athlete

### \_\_\_\_ INTERMEDIATE PHASE (Week 5-8)

Goals: Gradual increase to full ROM

Promote healing of repaired tissue

Regain and improve muscular strength

Restore full function of graft site

### Post-Operative Week 6

AROM: 0°-145° without brace or full ROM

Exercises: Continue Throwers Ten Program

Progress elbow strengthening exercises

Initiate shoulder external rotation strengthening  
Progress shoulder program  
Able to initiate more aggressive elbow flexion  
Initiate biceps strengthening

Post-Operative Week 7

Progress Thrower's Ten Program (progress weights)  
Initiate PNF diagonal patterns (light)

\_\_\_\_ ADVANCED STRENGTHENING PHASE (Week 9-14)

Goals: Increase strength, power, endurance

Maintain full elbow ROM

Gradually initiate sporting activities

Post-Operative Week 8

Exercises: Initiate eccentric elbow flexion/extension

Continue isotonic program: forearm & wrist

Continue shoulder program Throwers Ten Program

Manual resistance diagonal patterns

Initiate plyometric exercise program

-Chest pass

-Side throw close to body

Continue stretching calf and hamstrings