

Olecranon Fracture (ORIF)

Dr. Bear

Phase I (10 – 14 days post-op)

- Wound care: Initial bulky surgical dressing removed. A light compressive dressing is applied if bleeding/drainage is noted. As edema and wound improve, a transition to light compression sleeves may be performed.
- Edema: Tubigrip compression sleeve, edema gloves, digit sleeves, or Coban as necessary to assist in edema reduction. Also educate on icing and elevation.
- Brace: Bledsoe locked at 80 degrees flexion
 - On at all times except during performance of HEP
- ROM:
 - Until 4 weeks post-op, active elbow flexion only from 0-90 degrees
 - Passive/active assisted elbow extension is permitted to patient tolerance as to not put too much strain on distal triceps tendon
 - A/AA/PROM of forearm/wrist/hand

Phase II (4-6 weeks post-op)

- Wound care: Initiate scar massage/desensitization as wound allows
- Modalities: initiated as needed for pain, edema, and scar management
- Brace: Continue full time use, with removal for HEP and therapy
- ROM: Continue as in phase I

Phase III (6 weeks post-op)

- ROM:
 - AROM elbow flexion and extension to tolerance. Continue ROM of forearm/wrist/hand
 - AAROM and PROM to tolerance initiated for elbow flexion once fracture is healed or permitted by surgeon
- Brace: (5-8 weeks): wean from brace and/or discontinue based on fracture healing and stability of fixation

Initiation Date: 12-2-2020 Revised Date: 12-28-23

Phase IV (8 weeks post-op)

- ROM:
 - Unrestricted ROM
 - Consider static progressive or dynamic brace if patient is unable to achieve a 100 degree arc of motion
- Strengthening:
 - Progressive strengthening for the elbow, forearm, wrist, and hand may be initiated with hand weights (up to 5 lbs) and resistance bands

Phase V (10+ weeks post-op)

- ROM: Aggressive ROM as needed
- Strengthening: Continue progressive strengthening with weights, band, and/or job specific tasks
- Gradually resume light activity. Considerations may be made for work conditioning if patient is required to return to strenuous job tasks

Adapted From:

- 1) Al-Shihabi, Laith. "Olecranon Fracture Open Reduction and Internal Fixation Therapy Instructions- Early Motion Protocol."