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Total Elbow Arthroplasty Postoperative Protocol



Weeks 0-2:

- No therapy for first 2 weeks
- Remain in splint
- Edema control
- AROM for hand and fingers

Weeks 2-6:

- Sling until 6 weeks postop except for hygiene and therapy
- No active extension for 6 weeks
- AAROM extension to full range
- AAROM and AROM elbow flexion as pain allows.
- AAROM and AROM forearm pro/supination

Weeks 6-12:

- Remove sling
- Begin AAROM AROM for elbow extension.
- Isometric strengthening

Lifetime lifting restrictions:

- 10 lb single lifting event
- 2 lb repetitive lifting