

Dr. Robert Wysocki

Total Elbow Arthroplasty

2-3 days:

Splint: The post-operative dressing is removed and patient fitted with a long arm splint at 45 degrees, worn at all times except for when doing exercises. A light dressing is reapplied. A standard shoulder sling is worn during the day. Edema control with stockinette.

Motion: gentle active and passive motion in elbow flexion, forearm pronation/supination, passive elbow extension

10-14 days:

Splint: Continue as above. Consider scar massage/silicon treatment and neuromuscular stim to biceps. Splint should be worn at all times, except for when doing exercises.

Motion: As above, add hand strengthening

Pin care protocol with daily hydrogen peroxide if pins present

6 weeks:

Splint: Discontinue splint and sling

Motion: Continue range of motion as above, and begin active extension 6-8 times per day, 10 minutes each session. Consider dynamic or static elbow flexion is needed.

8 weeks:

Motion: Continue range of motion as above. Begin strengthening of elbow and forearm.

Final range of motion is typically 50 to 70 extension to 130 flexion. Patients have lifetime restriction of no single lifts greater than 5 lbs, no repetitive greater than 2 lbs.