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## **Elbow Dislocation, Stable – Non-operative Treatment**

### **1-7 days:**

Patients are maintained in a long-arm posterior mold splint to let the soft tissues rest and pain to start to subside

### **7-10 days:**

Splint: A posterior long arm splint with elbow in 90 degrees flexion, forearm and wrist neutral is fabricated, and is worn between exercises. A simple shoulder sling is an option as well

\*\*Motion: Unrestricted active and passive elbow flexion/extension in neutral and follow LCL protocol

### **6 weeks:**

Splint: Splint is weaned over 2 weeks.

Motion: Continue as above, but may now add static progressive splinting as needed. Add gentle progressive strengthening of elbow and forearm.

### **8-10 weeks:**

Can begin strengthening. Consider work conditioning for laborers. Gradual return to full activity, sports by 12 weeks

Please call with questions or concerns at the phone number above.