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Elbow Fracture Dislocation (Operative)

Usually takes 4-6 months to regain all mobility and function

Very common to become stiff – elbow release is discussed/performed after 6 months

POD 8-10:

Splint: The postoperative dressing is removed. A long arm posterior mold splint is fitted for continual wear

Motion: Follow LCL protocol and continue until full motion is achieved and no loading or strengthening until FULL ROM is achieved and ligaments/fractures are healed (around 8 weeks)

6-8 weeks:

Splint: Discontinue splint

Motion: Can begin progressive loading and strengthening. If motion not improving after clinical union (discuss with surgeon), consider static progressive splinting, weighted stretches and other modalities as indicated.

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