



ORLANDO HAND SURGERY ASSOCIATES
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Olecranon Fracture Open Reduction Internal Fixation

2 weeks: The postoperative dressing is removed. Consider silicone-based scar treatments for elbow incision and stockinettes to forearm/arm for swelling.

Splint: A posterior long arm splint with elbow in 90 degrees flexion, forearm and wrist neutral is fabricated to be worn at all times except when doing exercises.

Motion: Active and active-assisted elbow extension, flexion and forearm pronation/supination is begun. If the therapist believes AROM is progressing slower than planned and wishes to proceed early with PROM, please contact physician. PROM usually not begun until 6 weeks.

6 weeks:

Splint: Weaned over 1-2 weeks.

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

8-10 weeks:

Consider work conditioning for laborers. Gradual return to full activity, sports by 10 weeks

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