

**Adam Seidl, MD**  
Assistant Professor  
Shoulder/Elbow Surgery  
Department of Orthopedics  
University of Colorado



**Orthopedics**  
UNIVERSITY OF COLORADO

**Highlands Ranch Hospital**  
(720) 516-4090  
**Inverness**  
(303) 694-3333  
**Anschutz Medical Campus**  
(720) 848-1900

## **Rehabilitation Protocol**

### **Elbow Arthroplasty**

#### **Phase 1: Early ROM** (*0 to 6 weeks*)

- Soft postop dressing remains in place for the first week.
- Staples will be removed by surgeon in 14 days.
- Extension night splint is to be worn at night.
- Initiate elbow exercise program 5 times per day:
  - AAROM and PROM into flexion, extension, supination and pronation
  - No restriction on elbow motion
  - Grip ROM and strengthening exercises
- Notify physician if wound drainage persists 10 days after surgery.

#### **Phase II: Restore function** (*>6 weeks*)

- Advance active and passive ROM as tolerated.
- Initiate gentle elbow strengthening.
- Discontinue night splint.