

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

Total Elbow Arthroplasty - Triceps Off

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 resisted triceps extension
 - NO passive elbow flexion >90
 - 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.