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A member of HealthTexas Provider Network

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Olecranon Fracture ORIF

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	SPLINT / BRACE	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Swelling controlled; wound healed*	Shoulder, wrist and hand motion	Posterior splint at about 90°	Grip, finger and wrist motion, shoulder motion; ice and elevation. No lifting or weight bearing through the arm
Phase II **2–6 weeks** GOAL TO ADVANCE *Elbow motion 30-120° or better*	Active elbow bending; gravity-assisted (passive) straightening. NO active or resisted elbow straightening*. Forearm rotation as tolerated	Removable splint or hinged brace between exercises, per physician	Wrist and hand exercises, shoulder exercises below shoulder height, scar massage. Lift nothing heavier than a coffee cup
Phase III **6–12 weeks** GOAL TO ADVANCE *Full motion; fracture healing on x-ray*	Active elbow straightening from 6 weeks; progress to full motion	None	Light biceps, triceps and grip strengthening from 8 weeks once healed; no pushing up from a chair or weight bearing through the arm before 8 weeks
Phase IV **3+ months** GOAL TO ADVANCE *Fracture healed; physician clearance*	Full without discomfort	None	Progressive strengthening, push-up progression, work- and sport-specific training**

NOTES

*The triceps pulls on the fracture fixation when the elbow straightens against resistance

**If approved by physician