



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: Total Elbow Arthroplasty

- Immediately start finger and hand ROM after surgery. Splint stays on until 3-5 day follow up with OT for unlocked hinged elbow brace and start gentle active elbow ROM exercises. Supination/pronation only with elbow at 90 degrees. Can come out of brace for hygiene only. Ice as tolerated.
- 10-14 days: Follow up with me for suture/staple removal.
- 2-6 weeks: Continue icing/cryotherapy. No lifting > 2 lbs. OT: Active and passive ROM as tolerated. Consider locking brace in extension at night. Goal ROM by 6 weeks: Flexion/extension 20-130 degrees and supination/pronation 60/60.
- 6-12 weeks: Start to wean out of brace. No lifting > 5 lbs.
- 12+ weeks: Gradual return to activity. Life-long limitation of lifting <10-15 lbs with operative extremity. No golf, tennis, or throwing activities.