



Town Center

ORTHOPAEDICS

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HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Elbow Fracture

- 7-10 days: Follow up with me. Hinged brace vs. custom splint. Start therapy. Start active ROM exercises (5-10 times a day). Supination/Pronation exercises only at 90°.
- Terrible Triad Injuries: Start with 30° block. At 3 weeks: 20°. At 4 weeks: 10°. At 5 weeks, full.
- 4 weeks: OK for passive elbow and forearm ROM. Consider night time extension splinting if extension limited $> -45^\circ$.
- 6 weeks: X-rays. Wean out of brace/splint. Continue stretching until ROM normal. Start gentle resistance and strengthening exercises. No lifting > 5 lbs.
- 12 weeks: X-rays. OK for strengthening until normal.
- Return to work with limited duty at 2-3 months, full duty 4-6 months, Contact sports > 4 months