

REHAB PROTOCOL FOR TOTAL ELBOW REPLACEMENT

TIME POST OP	REHAB GUIDELINES	GOALS / ADVICE
Day 1 to discharge	Check post-op notes – Elbow in PoP back slab set in extension for 4-7 days. Drain removed at 24 hours post op.	Encourage hand and wrist movements. Keep limb elevated on pillows.
1-6 Week	Wound check and removal of PoP splint at 7 days. Start active assisted elbow movements. Concentrate on gaining flexion from the extended position of elbow. Allow unrestricted shoulder, forearm and wrist movements.	Aim to reach flexion beyond 100 degrees.
6 -12 weeks	Maintain maximum flexion while trying to reach full active extension. Check op notes for RoM on table.	Minimum RoM of 100 degrees with flexion deformity less than 20.
12-24 weeks	Encourage active movement into all ranges with some gentle self stretching at the end of range. Progress isotonic strengthening through range. Regularly stretch the joint to the end of it's available range	Aim for functional range. Flexion deformity less than 20 degrees with further flexion beyond 130 degrees.
Complications	Infection Post operative stiffness, Neurological compromise.	
Final goals	Good functional pain free ROM	<u>Outcome measure</u> – Oxford Elbow Score

ABOUT MR GEORGE-MALAL

Mr Joby George-Malal is an experienced Consultant Orthopaedic Surgeon with special interest, training and expertise in upper limb (shoulder/ elbow/ hand) problems.

CLINICS

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