
Total Elbow Arthroplasty Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m, 1y, 2y, 5y, and every 5 years thereafter

Xrays:

- Every visit

Physical therapy:

- Therapy is generally not required or necessary after this surgery. I may order therapy on a case-by-case basis depending on patient progress with motion

Restrictions:

- Splint:
 - You will be in a splint for 2 weeks: do not get your splint wet
- Motion restrictions:
 - Once you are out of your splint there are no restrictions on your motion
- Strengthening and weightlifting:
 - **You will have a lifelong lifting restriction of no more than 5lb – this is critical to ensure your new elbow lasts as long as possible**

Weeks	Immobilization / Weight limit	Range of Motion	Exercises
0 – 2	* Splint (in extension) * No lifting with arm	None	Hand/wrist exercises to assist with edema/swelling
2 – 6	* Out of splint * No lifting more than 1lb; okay to start doing light deskwork	* Full motion allowed	* Continue hand/wrist exercises for edema control * Work on regaining full elbow motion
6-12	* Okay to begin lifting no more than 5lbs – this is a lifelong restriction	* Full motion allowed	* Continue working on motion as needed