

Terrible Triad/Elbow Dislocation Operative Protocol

Office visits:

- 2w, 4w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment

Restrictions:

- Motion restrictions:
 - **All motion exercises before week 8 should be done with the patient supine and humerus elevated (pointed towards ceiling)**
 - **Avoid varus stress across elbow for 8 weeks (avoid shoulder abduction)**
- Strengthening and weightlifting:
 - **No strengthening injured arm more than 1-2lb until 12w after injury**

Weeks	Immobilization / Weight limit	Range of Motion	Exercises
0 – 2	* Splint in position of stability	* No elbow motion; okay for hand/wrist motion	* Edema control with elevation, ice, and hand/wrist exercises
2 – 3	* Brace unlocked 60 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid varus stress	* Full supination and pronation with elbow at 90 degrees * 60 – 130 degrees with forearm in pronation	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
3 – 4	* Brace unlocked 30 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid varus stress	* Full supination and pronation with elbow at 90 degrees * 30 – 130 degrees with forearm in pronation	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
4 – 6	* Brace unlocked 0 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid varus stress	* Full supination and pronation with elbow at 90 degrees * 0 – 130 degrees with forearm in pronation * start static splint or in brace if stiff (see elbow contracture protocol)	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
6 – 8	* Brace unlocked 0 – 130 degrees * 1-2 lbs * Avoid varus stress	* Full supination and pronation with elbow at 90 degrees * 0 – 130 degrees with forearm in pronation or neutral during full extension	* Work on elbow motion at least 5x/day * Ok to start gentle strengthening 1-2lb
8 – 12	* No brace * 1-2 lbs	Full, unrestricted motion	* Scapular and shoulder isometric exercises as needed
12+	* No brace * Progress weight limit to normal	Full, active motion	* Start elbow strengthening * Return to full activity