

**Days 10-14 days Post-Operatively:**

☐ **Splint**

- Bulky dressing is removed
- Apply a light compressive dressing to the forearm and humeral area
- Sling during the day – may remove for exercises.
- Elbow extension splint at night

☐ **Exercises**

- Begin AROM/PROM for elbow in flexion, supination, and pronation
- Passive extension ONLY of the elbow to protect triceps repair

**2 Weeks Post-Op:**

☐ **Splint**

- Continue sling and elbow extension splint

☐ **Wound Care**

- Sutures will be removed at 10-14 days post-op, in the office
- May begin scar massage with Vitamin E oil/lotion at 2.5 weeks post-op
- Edema control, light compressive dressing/stockinette

☐ **Exercises**

- Continue exercises per guidelines above
- May initiate NMES to facilitate active flexion of elbow by stimulating biceps
- Initiate hand strengthening with hand exerciser or putty

**6 Weeks Post-Op:**

☐ **Splint**

- Discontinue use of sling and elbow extension splint

☐ **Exercises**

- Initiate AROM for elbow extension
- May begin dynamic elbow flexion if patient is not restoring a functional degree of flexion
- Begin strengthening for wrist, forearm, and elbow
- Initiate interval sports program at week 20, if appropriate

**Expectations:**

- AROM of elbow is usually 15/20 to 130 degrees of flexion, 70 degrees of forearm supination and pronation
- Lifetime lifting restriction of 10 pounds with operative extremity