



## Olecranon Fracture Post-Operative Protocol

**0-2 Weeks:** Maintain elbow splint for 2 weeks while your incision heals. Continue to elevate the extremity and use ice for 20 minutes per hour to help decrease swelling. Expect swelling to increase in your hand and it is important to begin finger exercises to decrease swelling and to help prevent finger stiffness.

### Passive Exercises are provided below:

Use your uninjured hand to help push the big knuckles down and the tips of the fingers in toward the palm. If all fingers are stiff, do each individually.

***Hold 30 seconds. Repeat 4 times to each stiff finger.  
Do 3 times a day.***

Use your non injured hand to push the affected finger(s) in and back so that only the top two joints bend.

***Hold 30 seconds. Repeat 4 times. Do 3 times a day.***



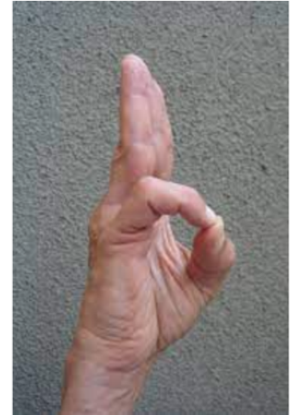
### Active Exercises are provided below:

Exercise	1	2	3	4	5
Position					
Advice to patient	Straighten your fingers.  Keep your wrist straight.	Curl your fingers into a 'hook' fist.  Keep your wrist straight.	Make a full fist.  Keep your wrist straight.	Make a fist, but keep the tips of each finger straight.  Also keep your wrist straight.	Bend your knuckles into a 'table top' position.  Keep your wrist straight.



## ORTHOPEDIC SPECIALISTS

**Thumb range of motion exercises:** Minimum three times per day. You may use your other hand to assist. Begin by touching your thumb to the tip of your pointer finger, then middle, ring, and small finger. Once you can touch the tip of your small finger slide the thumb down the finger towards the palm as far as you can. Hold the stretch for 30 seconds and then release.



Active thumb touches

**2-3 Weeks:** Your elbow splint will now be changed to a range of motion elbow brace. Initially your range of motion will be locked from 0-100 degrees and now elbow range of motion should be performed 4-5 times per day. **ONLY PASSIVE** elbow extension for the first 6 weeks. Which means that you should use your other arm to move your operative elbow during extension exercises (exercises that straighten your elbow) as shown.

STEP 1



### Brace Instructions

The red tab at the top should be engaged in the locked position at 60-80 degrees unless you are performing range of motion exercises. The tabs on either side of the dial may be adjusted to allow further motion of the elbow in accordance with the stage of rehab.





## ORTHOPEDIC SPECIALISTS

**3-4 Weeks:** Increase elbow range of motion to 0-110 deg

**4-5 Weeks:** Increase elbow range of motion to 0-120 deg

**5-6 Weeks:** Increase elbow range of motion to 0-130 deg

**6-8 Weeks:** At this point your brace may be unlocked and progressively discontinued with the goals of progressing to full Active range of motion of the elbow.

**8-10 Weeks:** 5 lb lifting restriction

**10-12 Weeks:** 15 lb lifting restriction

**12+ Weeks:** No formal restrictions, return to activities as tolerated

---

**ANDREW BOLTUCH, D.O.**  
BOARD - CERTIFIED ORTHOPEDIC SURGEON