

## Total Elbow Arthroplasty Rehabilitation Protocol

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#### **0-2 weeks**

**Concerns:** Wound management (Edema), Maintaining integrity of the triceps repair (If released during surgery), Early stiffness

**Rehab Goals:** Protected ROM within “safe range” established during surgery

Wrist and hand ROM: Prevent stiffness. Control edema

Elbow AAROM (No PROM):

- If triceps detached and repaired at surgery:
  - AAROM in flexion: Limit to 120 degrees
  - Gravity assisted extension with light overpressure
  - (No active extension for 6 weeks)
  - AAROM in pronation/supination-No limit
- If triceps not detached during surgery:
  - AAROM in flexion and extension with no end range limit
  - AAROM in pronation/supination-no limit

#### **2-6 weeks**

**Concerns:** Continue to protect triceps repair (If released during surgery) until healing complete at 6 weeks.

**Rehab Goals:** Continue exercises above.

#### **6-12 weeks**

**Concerns:** Prevent Stiffness, Begin progressive strengthening

**Rehab Goals:** Continue progressive AAROM, can introduce PROM

Initiate strengthening to include biceps/brachialis and triceps

Incorporate wrist/hand ROM and strengthening as needed.

#### **3 months +**

**Rehab Goals:** Continued functional strengthening

Limit of 10 lbs for any repetitive lifting