



Duke Orthopaedics: Upper Extremity Division

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Elbow Arthroplasty

Phase 1 (0-6 weeks): Early ROM

GENERAL PRECAUTIONS AND GUIDELINES

- Soft postop dressing remains in place for the first week
- Staples will be removed by physician in 14 days
- Extension splint is to be worn at night
- Notify physician if wound drainage persists 10 days after surgery

EXERCISES

- Initiate elbow exercise program 5x/day
- AAROM and PROM into flexion, extension, supination, and pronation
- No elbow ROM restrictions
- Grip ROM and strengthening exercises

Phase 2 (>6 weeks): Restore Function

- Advance AROM and PROM as tolerated
- Initiate gentle elbow strengthening
- Discontinue night splint