



Upper Extremity Division  
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# Elbow Arthroplasty

## PHASE 1: Early ROM (*0 to 6 weeks*)

- Soft postop dressing remains in place for the first week
- Staples will be removed by surgeon in 14 days
- Extension night splint is to be worn at night
- Initiate elbow exercise program 5 times per day:
  - AAROM and PROM into flexion, extension, supination and pronation
  - No restriction on elbow motion
  - Grip ROM and strengthening exercises
- Notify physician if wound drainage persists 10 days after surgery

## PHASE II: Restore function (*>6 weeks*)

- Advance active and passive ROM as tolerated
- Initiate gentle elbow strengthening
- Discontinue night splint