



Town Center

ORTHOPAEDICS

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HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Elbow Fracture

- 5-7 days: Follow up with OT for custom splint and start active ROM exercises.
Come out of custom splint only for hygiene and the active ROM exercises.
Supination/pronation exercises are done only at 90 degrees. Do these exercises 5 times a day.
- 2 weeks: Follow up with me for wound check and suture/staple removal.
Continue active motion exercises 5x/day
- 4 weeks: Start passive elbow and forearm ROM. Consider night time extension splinting if extension limited > -45 degrees.
- 6 weeks: Wean out of splint with goal to be out of it completely at 8 weeks.
Continue stretching until ROM normal. Start gentle resistance and strengthening exercises. No lifting > 5 lbs.
- 12 weeks: Progress with resistance bands, weight training, gradually go back to sports.
- Return to work with limited duty at 2-3 months, full duty 4-6 months, Contact sports > 4 months