



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Total Elbow Arthroplasty

Phase I: 0-14 days

1. Non-weight bearing to operative extremity
2. Elevate your extremity
3. Patient encouraged to maintain extension of elbow

Precautions:

- No lifting, pushing, or pulling with the arm
- NO active contraction of Triceps
- NO pushing yourself from chair or bed with the operative arm

Phase II: 2-6 weeks

- Continue non-weight bearing activities: May type and write. No lifting, pushing, or pulling
- Wrist and hand - Active range of motion
- Elbow:
 - Active assisted ROM with gentle flexion to 100 and full extension
 - OK to use gravity or gentle force to gain extension
 - No passive stretching in flexion (NO force should be applied to bend [flex] the elbow)
 - Full AROM in Supination and Pronation
- Home exercise program

Precautions:

- No lifting, pushing, or pulling with the arm
- NO active contraction of Triceps
- NO passive stretching in flexion (NO force should be applied to bend [flex] the elbow)

Phase III: 7-12 weeks

- AROM of Elbow (Flexion, extension, supination and pronation)
- Isometric strengthening of elbow at 90



Phase IV: 3 months and beyond

- Allow unrestricted activity with the upper extremity
- PERMANENT RESTRICTION: No repetitive lifting greater than 2 pounds, and no lifting greater than 5 pounds in a single event

Modalities

- Heat and Ice, Ultrasound, Therapists' discretion, TENS

Evaluation and Others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmyersonmd.com

