



**TWIN CITIES ORTHOPEDICS**

*Excellence in Research and Education*

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## **After Total Elbow Replacement**

### **3 Days**

- Remove bulky dressing and replace with light compressive dressing.
- Begin active ROM exercises for the elbow and forearm six times a day for 10 to 15 minutes.
- Active ROM exercises should be performed with the elbow close to the body to avoid excessive stretch of the reconstructed elbow collateral ligaments.
- Fit an elbow extension splint to be worn between exercise sessions and at night.

### **Week 2**

- Passive ROM exercises may be initiated to the elbow.
- Functional electrical stimulation (FES) may be initiated to stimulate biceps or triceps or both.

### **Week 6**

- Discontinue elbow extension splint during the day if elbow stability is adequate.
- ROM exercises may now be performed with the elbow away from body.

### **Week 8**

- Discontinue elbow extension splint at night.
- Initiate gradual, gentle strengthening exercises for the hand and forearm.
- Light resistance may be begun for the elbow.
- Perform therapy within the patient's comfort level.