

**JUSTIN D. HUDSON, MD**  
**Orthopaedic Surgery and Sports Medicine**  
**JustinHudsonMD.com**  
**JHudson@Oregonmed.net**  
**P: (541) 242-4812**  
**F: (541) 242-4813**

**OLECRANON FRACTURE OPEN REDUCTION INTERNAL FIXATION PROTOCOL**

	<b>SPLINT</b>	<b>RANGE OF MOTION</b>	<b>EXERCISES</b>
<b>PHASE I</b> 1-6 weeks	<p>4-5 Days: A posterior long arm splint with elbow in 90 degrees flexion, forearm and wrist neutral is fabricated</p> <p>2 Weeks: Continue splint</p>	<p>Patients are maintained in the posterior mold splint for 2 weeks full time with no ROM.</p> <p>2 Weeks: ROM is begun with no elbow flexion beyond 90. Passive extension only then put brace back on. May add on elbow flexion after 4 weeks.</p> <p><i><b>Elbow flexion is limited to 90 degrees for first 4 weeks</b></i></p>	<p>2 - 6 Weeks: Gravity-assisted elbow extension forearm pronation/supination is begun. If the therapist believes AROM is progressing slower than planned and wishes to proceed early with PROM, please contact physician. <b>Assisted <i>PROM usually not begun until 6 weeks.</i></b></p>
<b>PHASE II</b> 6 weeks	Weaned out over 2 weeks		Continue as above, but may now add passive motion and static progressive extension splinting is added as needed. Add gentle progressive strengthening of elbow and forearm.
<b>PHASE III</b> 8-10 weeks			Gradual return to full activity by 10 weeks