



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

SIMPLE ELBOW DISLOCATION (NON-OP)

NON-OP PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date:** _____

 X Evaluate and Treat

 X Provide patient with home program

Frequency: 2-3 x/week x 6 weeks

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing nonsurgical treatment of an elbow dislocation. A hinged elbow brace will be provided.

Phase 1: Weeks 1-2

Goals:



- Keep elbow stable
- Decrease pain and inflammation
- Protect injured tissues

Intervention:

- Shoulder, Wrist, and hand ROM/stretching
- No elbow motion

Phase 2: Weeks 3-4

Goals:

- Keep elbow stable but begin ROM of the elbow

Intervention

- PROM and AAROM but blocked to 30 degrees of full extension
- Isometrics for wrist, elbow and shoulder
- Pain and inflammation control – cryotherapy, ultrasound, TENS, soft tissue mobilization, etc

Phase 2 - Weeks 5-8

Goals:

- Normalize ROM, regain strength and function
- Control residual edema and pain

Intervention:

- Active full ROM without extension block
- Isometric exercises progressing to resisted exercises
- Joint mobilization, soft tissue mobilization or passive stretching

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD