

PHYSICAL THERAPY PROTOCOL ELBOW FRACTURE

Weeks 1-2:

- Splint worn at all times
- OK for hand and finger ROM, typing/texting
- Absolutely no lifting or weight-bearing

Weeks 2-4:

- Elbow brace worn at all times, locked at 70°
- At week 2: Elbow PROM from 0-90° only; pronosupination performed at 70°

Weeks 4-6:

- Elbow brace worn at all times, unlocked from 0-90°
- At week 4: Advance AROM to 0-90°; full pronosupination performed at 70°

Weeks 6-12:

- Elbow brace removed
- Advance AROM to full range – No forceful stretching to achieve more flexion
- Coffee cup/5lbs weight limit
- At week 10: begin gentle strengthening

Week 12+:

- Continue strengthening
- Return to all daily activities
- At week 20-24: Return to sport or strenuous activity