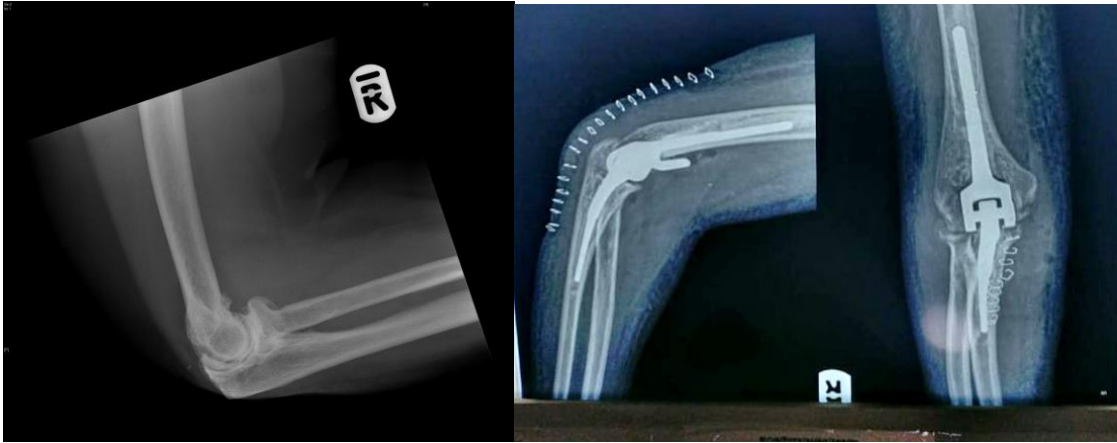


## PHYSIOTHERAPY FOLLOWING ELBOW REPLACEMENT

Performed for Osteoarthritis, Rheumatoid Arthritis and Fracture of the Distal Humerus.



TIME FRAME	POST OP GUIDELINES
Day 1 post-op	<p><b>Do not stress the triceps (or extensor mechanism) for about 6 weeks due to extensive repair.</b></p> <ul style="list-style-type: none"> <li>• Post surgery immobilisation with wool and crepe bandage.</li> <li>• Pain relief advice.</li> <li>• Teach active finger, wrist, shoulder dumps and shoulder girdle exercises.</li> <li>• Passive Elbow Flexion and Extension with <b>gravity counterbalanced</b>.</li> <li>• Wrist- pronation and supination</li> <li>• Postural awareness</li> <li>• Teach axillary hygiene</li> <li>• Arrange Physio out-patient appointment for approx 1-2 weeks post surgery.</li> <li>• OT input as required.</li> </ul>
Day 2-6 weeks post surgery	<ul style="list-style-type: none"> <li>• Continue shoulder, elbow and wrist ROM exercises</li> <li>• Progress to active assisted exercises and encourage active range of movement in all direction.</li> <li>• Discard sling after 4 weeks.</li> </ul>
6-8 weeks post surgery	<ul style="list-style-type: none"> <li>• <b>At 6 weeks, can add active extension (ANTI-GRAVITY ONLY BUT NO RESISTANCE)</b></li> <li>• May begin gentle isometric and isotonic wrist flexion/extension and elbow flexion strengthening.</li> </ul>

	<ul style="list-style-type: none"> <li>• Progress strengthening through range with functional activities.</li> </ul>
<b>8-12 weeks post surgery</b>	<ul style="list-style-type: none"> <li>• Active range of motion in all planes.</li> <li>• Progress functional use and return to functional activities as able</li> </ul>

### Returning to Activities

<b>Activity</b>	<b>Number of weeks post surgery</b>
Work	- Sedentary job 6-8 weeks - Manual job: consult with Surgeon
Driving	6- 8 weeks
Swimming	Breaststroke 6 weeks Freestyle 12 weeks
Lifting	Not to be encouraged. Not more than 1kg for 3 months. Lifetime restriction not more than 3Kg