

Physical Therapy Protocol Olecranon Fracture Fixation

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-14

- Immobilized in splint
- Sling for comfort
- Shoulder pendulums and wrist and finger range of motion

Week 2-6

- Splint removed
- Active and passive elbow flexion – goal for full flexion by 8 weeks
- Passive elbow extension – goal for full extension by 8 weeks
- No active elbow extension
- Full active and passive pronation and supination

Week 6-12

- Begin active elbow extension
- Goal for full painless passive elbow ROM by 8 weeks
- Begin light strengthening
- Closed chain exercises
- Scapulothoracic mechanics and exercises

Week >12

- Home exercise program
- Resistance training
- Sport specific training
- Light throwing