



Olecranon ORIF Rehabilitation Protocol

Phase I (0–2 Weeks)

- Posterior splint or hinged brace
- Non-weight bearing through surgical arm
- No active elbow extension
- Cryotherapy
- Finger wrist shoulder ROM
- Passive elbow motion
- Patient education

Phase II (2–6 Weeks)

- Brace with increased ROM
- No resisted extension
- No lifting pushing pulling
- Non-weight bearing until cleared by surgeon
- PROM to AAROM
- Pronation supination
- Shoulder wrist strengthening
- Grip strengthening

Phase III (6–10 Weeks)

- Near full ROM
- Light strengthening
- No lifting >5 lb
- Active ROM
- Isometrics
- Theraband
- Scapular work

Phase IV (10–16 Weeks)



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- Progress strengthening
- Functional lifting
- Neuromuscular drills

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- Avoid heavy lifting

Phase V (4–6 Months)

- Full ROM
- Advanced strengthening
- Plyometrics
- Sport work drills
- Clearance required