

Olecranon ORIF Protocol

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Week 0-2:
Arm immobilized in a long arm posterior splint in 20 degrees of flexion

Weeks 2-6:
Initiate supervised assisted range of motion rehabilitation program, including progressive elbow flexion, full passive extension, and passive/active assisted forearm rotation exercises with the elbow in extension

Weeks 6-10:
Initiate active extension of the elbow
Full ROM

Weeks 10-12:
Initiate strengthening exercises

Unrestricted activity allowed at 5 months postoperatively.