



## Elbow Dislocation - Nonoperative Patient Postoperative Instructions

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### 0-2 weeks

#### Pain medication:

- Use your prescription pain medication as needed to control pain.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

#### Post-op Dressings:

- Keep the dressings and splint in place until your first therapy visit.
- Elevation of the arm, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a large heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office to have the dressing re-done.
- You may find it easier to sleep in a reclined position rather than flat to help support your elbow.

#### Motion:

- Start moving your fingers as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Do not lift, carry, push, or pull anything heavier than a glass of water or can of soda.

### 1-6 weeks (First therapy and checkup visit)

#### Splint:

- You will be placed in to a removable long-arm splint by hand therapy.
- The splint should be worn full-time except for therapy exercises.

#### Motion:

- Therapy will be started for protected active elbow motion along with active and passive wrist and hand motion.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a glass of water.

### 6 - 10 weeks (Second check-up visit)

#### Splint:

- Wean from the splint starting at 6 weeks.

#### Motion:

- Continue elbow range of motion, and begin stretching.

- Begin gentle elbow strengthening at 8 weeks.
- You can lift/carry up to 5lbs (about 1/2 gallon of milk) as your symptoms allow at 8 weeks.
- You can lift/carry up to 10-15 lbs starting at 10 weeks.
- Transition to a home exercise program at 8-10 weeks.

#### **10-12 weeks (Third post-op visit)**

##### Splint:

- No longer needed.

##### Motion:

- Continue elbow and forearm strengthening as part of a home program.
- A work conditioning program may be initiated if necessary.

#### **12+ weeks (Fourth post-op visit)**

Gradually return to light activity and exercise. Light weightlifting (<20lbs) and non-contact sports practice can start at 12 weeks. Moderate weightlifting (<50lbs) and non-contact sports competition or contact sports practice can start at 14-16 weeks. Contact sports competition and unrestricted weightlifting (including plyometrics) can start at 16-20 weeks.