



Elbow Hemiarthroplasty Rehabilitation and Milestones

Patient Name: _____

Date: _____

Sling – for comfort only unless specified.

Specific instructions:

1. No passive stretching.
2. If lateral or medial ligament repair / epicondyle fixation undertaken then lateral or medial ligament repair / reconstruction protocol is used

0-2 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early elbow rehabilitation exercises.

2-6 weeks

- Early closed kinetic chain exercises.
- Progressive kinetic chain exercises.

6-12 weeks

- Open chain kinetic.

Isometrics strengthening

<u>Milestones:</u>	<u>Tick Box</u>
❖ Full active range of motion at 6 weeks.	<input type="checkbox"/>
❖ Driving at 6 weeks	<input type="checkbox"/>
❖ Light/sedentary work at 6-8 weeks	<input type="checkbox"/>
❖ Swimming at 8-12 weeks	<input type="checkbox"/>

12+ weeks

- Progressive therabands.
- Plyometrics.

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
