

## Total Elbow Replacement

<b>Rehabilitation</b>	
<b>On discharge</b>	<ul style="list-style-type: none"> <li>• Bradford sling when resting</li> <li>• Advise and manage swelling and pain</li> <li>• Active wrist and hand exercises</li> <li>• Shoulder flexion, abduction and lateral rotation</li> <li>• Active assisted elbow flexion/extension</li> <li>• Non WB closed chain flexion in mid prone</li> <li>• Active pro and supination</li> <li>• Advice re light functional tasks</li> <li>• Sling for comfort only</li> <li>• Mobility assessment &amp; functional check (ref to OT if req'd)</li> </ul>
<b>10 days</b>	<ul style="list-style-type: none"> <li>• Removal of sutures in clinic at 2 weeks</li> <li>• Wound/scar assessment</li> <li>• Teach scar massage</li> <li>• Encourage normal light functional movements</li> <li>• Scapula/shoulder postural advice</li> <li>• Open chain flexion/extension in supine, shoulder at 90 degrees</li> <li>• Reinforce/advise re functional limitations of elbow arthroplasty</li> <li>• Assess need for night extension splint and refer to OT if required</li> </ul>
<b>4 Weeks</b>	<ul style="list-style-type: none"> <li>• Continue to increase range and encourage normal functional movements</li> </ul>

<b>Sling</b>	Poly sling for comfort only
<b>Physiotherapy</b>	7-10 days post op
<b>Follow Up</b>	

<b>Milestones</b>	
<b>Full AROM</b>	<b>6 Weeks</b>
<b>Driving</b>	<b>From 6 Weeks</b>
<b>Light/Sedentary Work</b>	<b>8-12 Weeks</b>
<b>Heavy/Manual Work</b>	<b>n/a</b>
<b>Sport</b>	<b>n/a</b>

<b>Patient specific instructions</b>