Elbow Dislocation Rehab Protocol

Phase I: Weeks 1-4
Goals: Control edema and pain
      Early full ROM
      Protect injured tissues
      Minimize deconditioning

Intervention:
• Continue to assess for neurovascular compromise
• Elevation and ice
• Gentle PROM - working to get full extension
• Splinting/bracing as needed
• General cardiovascular and muscular conditioning program
• Strengthen through ROM
• Soft tissue mobilization if indicated – especially assess the brachialis myofascia

Phase II: Weeks 5-8
Goals: Control any residual symptoms of edema and pain
       Full ROM
       Minimize deconditioning

Intervention:
• Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights
• Incorporate sport specific exercises if indicated
• Joint mobilization, soft tissue mobilization, or passive stretching if indicated
• Continue to assess for neurovascular compromise
• Nerve mobility exercises if indicated
• Modify/progress cardiovascular and muscular conditioning program

Phase III: Weeks 9-16
Goals: Full range of motion and normal strength
       Return to pre-injury functional activities

Intervention:
• Interventions as above
• Modify/progress cardiovascular and muscular conditioning
• Progress sport specific or job specific training