

# Physical Therapy Prescription

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## Olecranon Fracture ORIF Protocol

Surgical Date:

Side:  Right       Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b>  <b>Weeks 0 - 2</b>	Protect repair Edema and pain control	Postoperative splint sling	Hand/wrist/shoulder exercises Home exercises 3-4 times per day
<b>Phase 2:</b>  <b>Weeks 2 - 6</b>	Restore motion	Sling as needed No active extension against resistance until 6 weeks	Increase active/passive elbow flexion/extension Forearm rotation No passive flexion stretching Scar management/edema control
<b>Phase 3:</b>  <b>Weeks 6 - 12</b>	Restore Motion	No lifting > 5 lbs	Increase motion No restrictions on motion emphasize elbow ROM and forearm rotation
<b>Phase 4:</b>  <b>Weeks 12+</b>	Strengthening  Return to sport	Avoid contact activities until 4-6 months postop	Strengthening once ROM restored End range targeted motion exercises, capsular stretching Return to sport by 4-6 months postop

Treatment:  1-2     2-3 times per week for \_\_\_\_ weeks.       Home Program

Modalities PRN (Ultrasound/Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: \_\_\_\_\_

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