

Elbow Subluxation/Dislocation

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0 – 3 weeks

Goals for Phase I:

1. Control pain and swelling
 2. Normal ROM of shoulder/wrist
 3. Patient to tolerate gentle AROM
- A. Orthotics: Patient is placed in a posterior elbow splint or IROM locked @ 90degrees for 2 wks.
B. ROM: Work to maintain/restore normal ROM of shoulder/wrist.
C. Strengthening: Wrist/grip strengthening as tolerated
D. Modalities: Utilize for pain, inflammation, swelling control.

Phase II: 3 – 4 weeks

Goals for Phase II:

1. Functional ROM
 2. Fair strength
 3. Able to use arm for ADL's
- A. Orthotics: IROM opened from 60-90 degrees and increased 15 degrees/wk into extension.
B. ROM: A/AA/PROM in brace to restore full elbow/forearm ROM w/in restrictions. AROM and light AAROM may be performed in PT as tolerated (flex & ext) beyond the ROM restrictions set by the brace, however, caution w/ intensity of extension stretching as joint capsule heals via scarring. May transition to dynamic elbow extension splint if ROM is not progressing into extension. Consider hinged elbow functional brace if returning to high risk work or sport activity. (Physician discretion for brace application following IROM or posterior elbow splint
C. Strengthening: wrist/forearm PRE's, grip strengthening
D. Functional activities: Use arm for ADL's as tolerated (feeding, grooming, bathing etc.)
E. Modalities: Continue as needed

Phase IV: 5 – 10 weeks

Goals for Phase III;

1. Normal ROM
 2. Good strength
 3. Begin work/sport activities
- A. ROM: Aggressive ROM (A,AA,PROM)
B. Strengthening: Aggressive PRE's (elbow, wrist, shoulder)
C. Functional activities: Begin sports drills, job simulation

Phase IV: 12 weeks to release

Goals for Phase IV:

1. Normal Strength
 2. Return to sports/full duty work
- A. Continue strengthening/conditioning/functional activities as needed