

Elbow Dislocation

Time Frame	Goals	Exercises
Weeks 1-4 HEP daily	<ul style="list-style-type: none"> Control edema and pain Early full ROM Protect injured tissues Minimize deconditioning 	<ul style="list-style-type: none"> 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
Weeks 5-8 PT 2-3x/week HEP daily	<ul style="list-style-type: none"> Control any residual symptoms of edema and pain Full ROM Minimize deconditioning 	<ul style="list-style-type: none"> 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
Weeks 9-16 PT 2-3x/week HEP daily	<ul style="list-style-type: none"> Full range of motion and normal strength Return to pre-injury functional activities 	<ul style="list-style-type: none"> Interventions as above Modify/progress cardiovascular and muscular conditioning Progress sport specific or job specific training