

Non-Operative Elbow Dislocation

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> • Prevent recurrent dislocation • Reduce muscle atrophy • Reduce swelling • Decrease pain and inflammation 	<ul style="list-style-type: none"> • ROM: 50-115 degrees <ul style="list-style-type: none"> ○ Progress ROM 5-10 degrees per week • Brace dependent on physician orders <ul style="list-style-type: none"> ○ Splint for first 7-10 days ○ See orders for additional bracing instructions 	<ul style="list-style-type: none"> • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ Compression with TubiGrip/TEDS • Elbow flexion and extension isometric exercises in neutral position • Elbow AROM exercises within restrictions in overhead position while supine • Wrist, hand, and grip strengthening exercises • Shoulder/scapular strengthening exercises
Weeks 6-12	<ul style="list-style-type: none"> • Discontinue elbow brace • Restore full rom • Improve muscular strength/endurance 	<ul style="list-style-type: none"> • ROM 0 – 135 degrees • Avoid any pain or instability at elbow with exercise • Limit contact sports 	<ul style="list-style-type: none"> • Begin isotonic strengthening for all muscles crossing elbow joint • Initiate push/pulling exercises • Progress weight bearing exercises starting with wall pushups and progressing to floor • Continue with wrist, hand, grip, and shoulder strengthening • Cardio: Walking, stationary bike, elliptical
Week 12+	<ul style="list-style-type: none"> • Full Rom • Restore functional strength • LSI 100% • Return to sport 	<ul style="list-style-type: none"> • No pain or instability with weight bearing or sport specific activity • Discuss specific return to sport timeline with physician 	<ul style="list-style-type: none"> • Continue PRE • UE plyometrics • Perform UE functional testing • Initiate return to sport program

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.