



Elbow Dislocation

Non-operative 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