



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: First Time Elbow Dislocation**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Protection phase)**

**Precautions**

- 1. NO VARUS STRESS ON THE ELBOW till 8 weeks (No abduction of shoulder, No combined abduction and external rotation of shoulder, No reaching out )**
- 2. Elbow ROM to be done in supine position (lying on back) with shoulder flexion (60-90) in the plane of body (no shoulder abduction)**

**Week 0 to 2:**

**Elbow is immobilized in a posterior plaster splint**

**Week 2 to 6:**

- 1. Transition to hinged elbow brace (locked at 60 degrees with free flexion for first 4 weeks and locked at 30 degrees with full free flexion from 4-8 weeks and wean off the brace after)**
- 2. Therapist supervised active-assisted elbow flexion and extension exercises with patient lying flat on table (Avoid flexion or extension in 0-30 degrees in first 6 weeks)**
- 3. Avoid supination past 20 degree in first 6 weeks**
- 4. Active wrist and hand ROM**

**Phase II (Active range of motion): weeks 6-12**

**Wean the use of the hinged brace (after 8 weeks)**

**Elbow, forearm and wrist active ROM**

**Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks**

**End range stretching to start at 10 weeks**

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

**Phase III: (Advanced strengthening) 3 months and beyond**

Shoulder abduction allowed

Progressive shoulder and elbow strengthening

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

**Evaluation and others**

**Teach home exercise program**

**Comments:**

**Frequency:   2   times per week**

**Duration:  12  weeks**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**