



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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Elbow Fracture Protocol

Day 0-14	<ul style="list-style-type: none">• Keep splint clean, dry and in place until follow-up<ul style="list-style-type: none">○ May wear sling, in addition to splint, if more comfortable• No lifting greater than 1-2 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers
Follow-up Visit (day 10-14)	<ul style="list-style-type: none">• Custom posterior elbow splint made by hand therapist• Wear splint full time (including sleeping)<ul style="list-style-type: none">○ Remove splint 3-5 times a day to work on gentle range of motion of elbow○ May remove brace to shower• No lifting greater than 1-2 pounds• Range of motion unrestricted in wrist, hand and active shoulder motion in all planes• Stitches are absorbable<ul style="list-style-type: none">○ A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.• May shower, but no soaking (bath tub, swimming, hot tub, etc.) until incision is fully healed
Week 6 Follow-up Visit	<ul style="list-style-type: none">• Discontinue use of custom splint• Range of motion as tolerated• No lifting greater than 5 pounds
3 Month Follow-up Visit	<ul style="list-style-type: none">• Gradually return back to activities with no restrictions• No weight restriction