



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **SIMPLE ELBOW DISLOCATION (NON-OP)**

### **NON-OP PHYSICAL THERAPY PROTOCOL**

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[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Evaluate and Treat

Provide patient with home program

Frequency:   2-3   x/week x   6   weeks

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing nonsurgical treatment of an elbow dislocation. A hinged elbow brace will be provided.

### **Phase 1: Weeks 1-2**

Goals:

- Keep elbow stable
- Decrease pain and inflammation



- Protect injured tissues

Intervention:

- Shoulder, Wrist, and hand ROM/stretching
- No elbow motion

### **Phase 2: Weeks 3-4**

Goals:

- Keep elbow stable but begin ROM of the elbow

Intervention

- PROM and AAROM but blocked to 30 degrees of full extension
- Isometrics for wrist, elbow and shoulder
- Pain and inflammation control – cryotherapy, ultrasound, TENS, soft tissue mobilization, etc

### **Phase 2 - Weeks 5-8**

Goals:

- Normalize ROM, regain strength and function
- Control residual edema and pain

Intervention:

- Active full ROM without extension block
- Isometric exercises progressing to resisted exercises
- Joint mobilization, soft tissue mobilization or passive stretching

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

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

**Bryan M. Saltzman, MD**