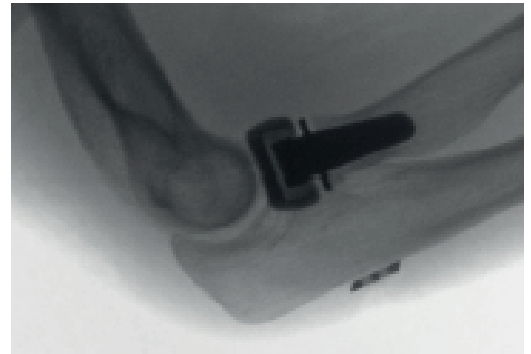


# Elbow Dislocation (Terrible Triad) – Rehabilitation

Your elbow is currently stable, but it is important to protect the repairs that have been performed until the bones and ligaments have had time to adequately heal. It takes around 3 months for this to occur and during this time period, rehabilitation is a balance of getting the elbow moving (to prevent stiffness) and not stressing the repairs.

It is important to realise just how significant this injury can be, it is quite likely that you will always have some stiffness compared to a 'normal elbow'. Our goal is to achieve an elbow with 'functional' range of motion – that is an elbow that allows you to perform all of your daily activities, essentially forgetting that this injury ever happened.



| PHASE   | WEEK       | GOALS   | INSTRUCTIONS   |
|---|------------|---|--|
| <b>PHASE 1<br/>PROTECT REPAIR &amp;<br/>PREVENT STIFFNESS</b> | Weeks 0-2  | Wound healing<br>Pain control<br>Protect repair<br>Prevent HO | Backslab for 1-2 weeks (usually) then sling<br>Analgesia<br>Physio education<br>Wrist and hand exercises<br>Celecoxib 200mg daily for 4 weeks (HO prophylaxis) |
|   | Weeks 6-12 | Full ROM<br>Graduated strengthening                           | Progressive ROM working towards full extension<br>- expect likely FFD 10-15* long term<br>Avoid contact sports, heavy weights                                  |
| <b>PHASE 2<br/>INCREASE ROM</b>                               | Weeks 6-12 | Graduated increase in flexion ROM<br>Graduated strengthening  | Flexion advanced by 10* per week until full elbow flexion achieved<br>Progressive resisted exercises<br>Avoid contact sports, heavy weights                    |
| <b>PHASE 3<br/>STRENGTHENING &amp;<br/>CONDITIONING</b>       | Months 3-6 | Graduated return to all pre-injury ADLs<br>Prevent re-injury  | Functional rehabilitation<br>Avoid high impact activities/contact sports until at least 6 months post injury   |