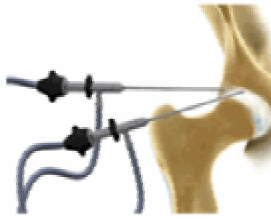


Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
 Little Aston Hall Dr
 Sutton Coldfield, B74 3UP
 01215807406
 01922656972
la.oasis@live.co.uk
<http://littleastonoasis.com>



Total Elbow Replacement Physiotherapy Protocol

The intent of this protocol is to provide the Team with a guideline of the postoperative rehabilitation course of a patient that has undergone a total elbow arthroplasty (TEA). It is not intended to be a substitute for appropriate clinical decision-making regarding the progression of a patient's postoperative course. The actual post-surgical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of postoperative complications. If a clinician requires assistance in the progression of a patient post-surgery, s/he should consult with the referring surgeon.

The semi-constrained, hinged (linked) prosthesis is the most commonly used prosthesis. This prosthesis is stable postoperatively and one does not need to follow as strict a postoperative precaution regime. Patients are encouraged to do range of motion exercises and use their elbow for activities of daily living as dictated by their pain level and status of wound healing.

Exercises

Use painkillers and/or ice packs to reduce the pain before you Exercise.

It is normal for you to feel aching, discomfort or stretching sensations when doing these exercises. However, if you experience intense and lasting pain (e.g. more than 30 minutes), it is an indication to change the exercise by doing it less forcefully, or less often. If this does not help, discuss the problem with the physiotherapist.

Do short, frequent sessions (e.g. 5–10 minutes, 4 times a day) rather than one long session. Gradually increase the number of repetitions you do. Aim for the repetitions your therapist advises, the numbers stated here are rough guidelines.

After 3–4 weeks you can increase the length of time exercising.

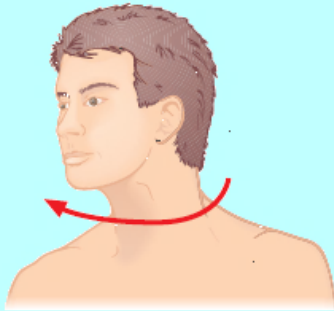
Get into a habit of doing them! Good luck.
NB. Exercises shown for right arm, unless specified.

Phases 1 & 2

From operation day for 6 weeks

1. Neck exercises

Standing or sitting.



- Turn your head to one side. Repeat 5 times.
- Then turn your head to the other side and repeat 5 times.



- Tilt your head towards one shoulder. Repeat 5 times.
- Then tilt your head to the other side and repeat 5 times.

2. Shoulder blade exercises

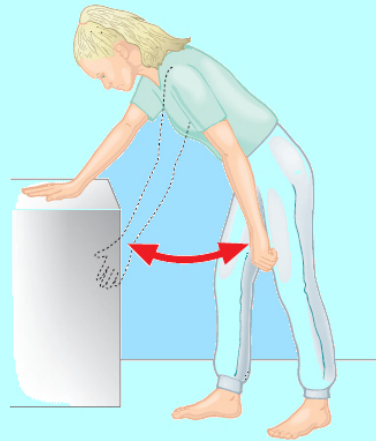
Sitting or standing.

- Keep your arms relaxed. Shrug your shoulders up towards your ears. Then let them relax.
- Repeat 5 times.



3. Shoulder exercises

Stand leaning forwards. (Keep sling on initially.)

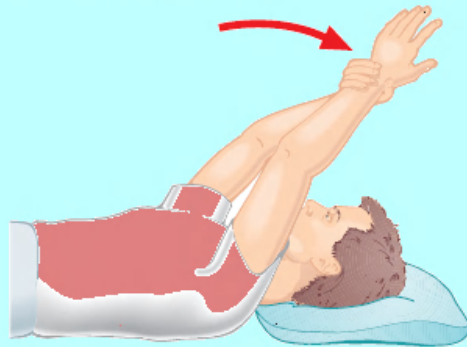


- Let your arm hang down. Swing your arm forward and back, side to side and round in a circle. Progress to doing exercise without sling.
- Repeat 5 times.
(Shown for left arm and without sling.)

4.

Lying on your back on the bed. (Keep sling on initially.)

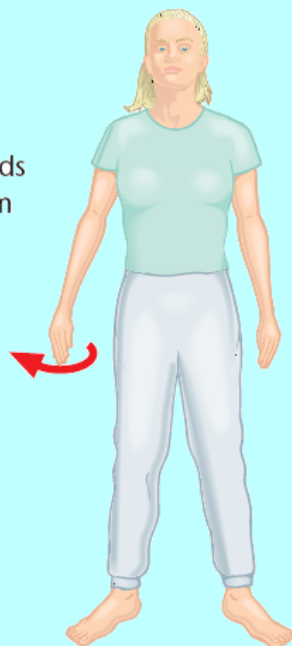
- Lift your operated arm up with your other arm, aiming to get it over your head.
- Repeat 5 times.
(Shown for the left arm with the elbow straight.)



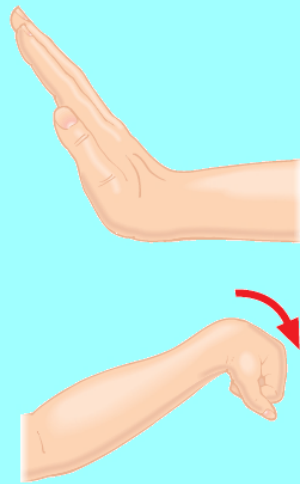
5.

Standing with arm by side.

- Keep the arm by your side but twist it outwards trying to make the palm face forwards.
- Repeat 5 times.



6. Wrist exercises

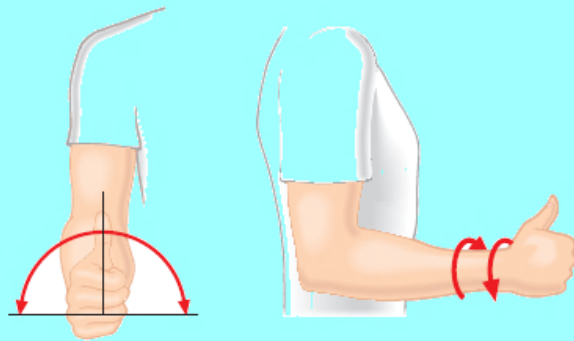


- Keep your arm in the sling or rest your forearm on a flat surface. Keeping your forearm still, move your hand up and down, bending at the wrist. Do this with your fingers straight and bent (i.e. with a fist and without).
- Repeat each 5 times.

7. Elbow exercises

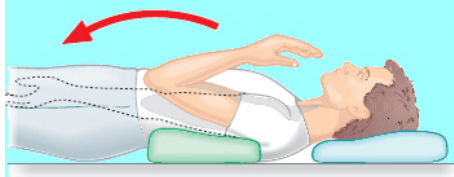
Rotating.

- Rest your forearm on a flat surface. Try and turn your palm up towards the ceiling. Then turn palm down.
- Repeat each movement 5 times.



8. *shown for left arm

Lying on your back, arm supported.



- Let your arm go straight. DO NOT PUSH it straight. Just 'let it go'.
- Repeat 5 times.

9. *shown for left arm

Lying on your back.



- Rest upper arm on bed on small pillow. Use your other arm to help your hand towards your mouth. Gradually do this without using the other arm for help.
- Repeat 5–8 times.

10. *shown for left arm

Standing.

- Let your arm relax down straight. Do not push it.
- Repeat 5 times.

11. *shown for left arm

Standing.

- Bend your elbow, trying to take your hand towards your mouth, with the palm facing you.
- Repeat 5 times.



12.

Standing.



- Try and take your hand behind your back.
- Repeat 5 times.

Phases 3 & 4

(6 weeks after your operation)

You can now start using the triceps muscle.

13.

Lying down.

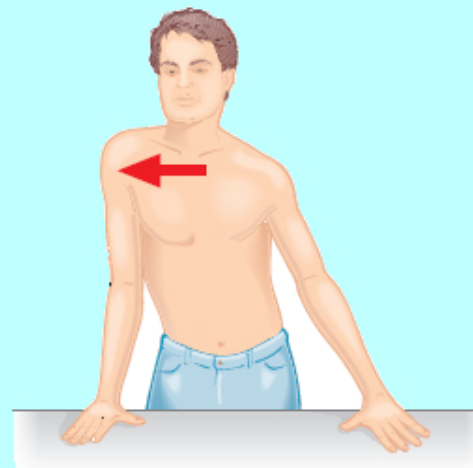


- Rest your hand on your forehead. Then try and straighten your arm up in the air.
- Repeat 5 times.

14.

Sitting or standing.

- Arms by your side. Try and straighten your arm and then put a little weight through it. Do not let the arm buckle. Do not push hard.
- Repeat 5 times.



15.

Sitting or standing.

- Try and place your hand behind your head.



Do exercises that you feel will help you to do the things that you wish to do in **your life**. Not all of these exercises may be required. Do not do weight lifting type exercises unless directed by a therapist. If the movement does not change within 12 weeks, it may not change further. This will be the movement that you will have for daily activities.

Who to contact if you are worried or require further information

If your wound changes in appearance, weeps fluid or pus or you feel unwell with a high temperature, contact your General Practitioner (GP), or get in touch with Mr. M Shah

If you have a query about exercises or movements, contact the Physiotherapy department where you are having treatment if you have already started

For queries regarding self-care e.g. dressing, bathing, contact the Occupational Therapy department.

Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
Little Aston Hall Dr
Sutton Coldfield, B74 3UP
01215807406
01922656972
la.oasis@live.co.uk
<http://littleastonoasis.com>

