

Physical Therapy Prescription

Name: _____ Date of Birth: _____
Diagnosis: Elbow Osteoarthritis Code: M18.229
Procedure: Total Elbow Arthroplasty Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Early ROM (0 to 6 weeks)

You will have a hard splint on the front of your elbow, holding the elbow straight. Remove this splint 24 hours after the surgery. Leave the underlying Ace wrap in place for 7 days after the surgery and then this may be removed, leaving the incision open to air

- Staples will be removed by surgeon in 2 weeks.
- Initiate gentle elbow exercise program 5 times per day after splint removed:
 - AAROM and PROM into flexion, extension, supination and pronation
 - No restriction on elbow motion
 - Grip ROM and strengthening exercises
- Notify physician if wound drainage persists 10 days after surgery.

Phase II: Restore function (>6 weeks)

Advance active and passive ROM as tolerated.

- Initiate gentle elbow strengthening.
- No lifting over 10 lbs with the operative arm life-long

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____