

## OLECRANON TENSION BAND SUTURE REHABILITATION PROTOCOL

On discharge – Week 6	<ul style="list-style-type: none"> <li>• Sling for comfort – discard after 2 – 3 weeks</li> <li>• Remove bulky bandages at 48 – 72 hours</li> <li>• Encourage elevation and ice packs for swelling control</li> <li>• No lifting &gt; 500g for 6 weeks</li> <li>• Active and active assisted ROM of elbow permitted</li> <li>• Avoid heavy or repetitive lifting and axial loading of arm</li> <li>• Encourage wrist and hand ROM</li> </ul>
Week 6 – 12	<ul style="list-style-type: none"> <li>• Progress to lifting up to 5kg until week 12</li> <li>• Unlimited ROM exercises</li> <li>• Graduated strengthening exercises</li> </ul>
Week 12+	<ul style="list-style-type: none"> <li>• No weight lifting restrictions</li> </ul>

Milestones	
Full AROM	6 weeks
Driving	When ROM and strength restored; likely 6+ weeks
Work	Desk duties: 6 weeks Manual work: 12+ weeks
Sport	Swimming: 6+ weeks Contact sports: 12+ weeks

**RECOMMEND PHYSIOTHERAPY FOLLOW UP WITHIN 2 WEEKS**