

ELBOW FRACTURE DISLOCATION REHABILITATION PROTOCOL

(Terrible Triad Injury)

On discharge – Week 2	<ul style="list-style-type: none"> • Sling for 6 weeks • Remove bulky bandages at 48 – 72 hours • Encourage elevation and ice packs for swelling control • No lifting > 500g for 6 weeks • Active closed chain flexion and extension exercises in pronation (table slides) • Active overhead extension exercises in pronation • Active pronation & supination ROM with elbow at 90°
Week 2 – 6	<ul style="list-style-type: none"> • Commence short-lever kinetic chain rehabilitation exercises • Progress to active ROM exercises in a standing or seated position
Week 6 – 12	<ul style="list-style-type: none"> • Discard sling • Progress to lifting up to 5kg until week 12 • Unlimited ROM exercises • Graduated strengthening exercises
Week 12+	<ul style="list-style-type: none"> • No weight lifting restrictions

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