

**TOTAL ELBOW REPLACEMENT PROTOCOL**

	<b>EXERCISES</b>
<b>PHASE I</b> Week 1	Begin AROM exercises for the elbow and forearm with elbow close to the body to avoid excessive stretch of the reconstructed elbow collateral ligaments six times a day
<b>PHASE II</b> Weeks 2-5	PROM exercises may be initiated to the elbow FES may be utilized to stimulate biceps and/or triceps
<b>PHASE III</b> Weeks 6-7	ROM exercises may now be performed with the elbow away from the body
<b>PHASE IV</b> Week 8	Initiate gradual, gentle strengthening exercises for the hand and forearm as tolerated May begin light resistance to elbow

**Comments:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP