

**Bonnie P. Gregory, MD**  
**Elbow Dislocation Rehab Protocol**

	<b>Range of Motion</b>	<b>Brace/Sling</b>	<b>Exercise/Strength</b>
<i>Weeks 1-4</i>	<b>Early gentle ROM</b>	Wean as tolerated	<ul style="list-style-type: none"> <li>• Wrist and Hand Exercises</li> <li>• Gentle PROM - working to get full extension, can progress extension by 10-20 degrees (in extension block brace) as tolerated each week</li> <li>• •General cardiovascular and muscular conditioning program</li> <li>• Strengthen through ROM</li> <li>• Soft tissue mobilization if indicated – especially assess the brachialis myofascia</li> </ul>
<i>Weeks 5-8</i>	<b>Begin FULL ROM PROM→AAROM→AROM</b>	None	<ul style="list-style-type: none"> <li>• Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights</li> <li>• Incorporate sport specific exercises if indicated</li> <li>• Joint mobilization, soft tissue mobilization, or passive stretching if indicated</li> <li>• Continue to assess for neurovascular compromise</li> <li>• Nerve mobility exercises if indicated</li> <li>• Modify/progress cardiovascular and muscular conditioning program</li> </ul>
<i>Weeks 9-16</i>	<b>Full ROM</b>	No Sling	<ul style="list-style-type: none"> <li>• Interventions as above</li> <li>• Modify/progress cardiovascular and muscular conditioning</li> <li>• Progress sport specific or job specific training</li> </ul>

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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