**Olecranon ORIF Protocol**

**Phase 1**

**Weeks 0-2**
- Keep splint clean, dry and in place until first follow-up
- May wear sling, in addition to splint, if more comfortable
- No lifting greater than 1-2 pounds
- May do self-care activities as well as light duty work such as typing and writing
  - Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.

**Phase 2**

**Weeks 2-6**
- Custom posterior splint made by hand therapist after 1st follow-up appointment
  - Wear splint full-time, including sleeping
  - May remove for showering
- No lifting against resistance (greater than 1-2 pounds)
- Range of motion; wrist, hand and active shoulder motion in all planes
- Staples will need to be removed, but stitches are absorbable
  - A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.
- May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.
- Once steri-strips fall off and incision site is fully healed, water activity is unrestricted

**Phase 3**

**Weeks 6-12**
- Discontinue use of custom splint
- Range of motion as tolerated
- No lifting against resistance (greater than 5 pounds)

**Phase 4**

**Week 12+**
- Gradual strengthening program with the guidance of physical therapy
- Return to activity as tolerated

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