"Posterior Elbow Dislocation"

Protocol Sequence

Phase I: Days 3-5
Sling immobilization progressing to extension blocking (custom splint or articulated brace) locked at 30 degrees of extension.
E-Stim and ice PRN for edema and pain
Exercises:
With the splint on, full active flexion and extension to the extension block.
FA pronation/supination
(Frequency: 10-20 repetitions every hour for each exercise)

Phase II: Weeks 2-3
Discontinue splint or brace. Begin gentle passive elbow extension as tolerated
Hot packs and US may be used to achieve end range elbow extension
Guideline: Commonly, the last 5-10 degrees of elbow extension are difficult to achieve

Considerations:
If there is a concurrent fracture of the coronoid, radial head, or UCL/LCL damage, rehabilitation should be discussed on a case by case basis with the physician to determine rehabilitation and treatment goals. An elbow fracture with a ligament injury is usually a surgical case and will require close communication and coordination with the physician.