

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

TOTAL ELBOW REPLACEMENT

NOTE:

NO HEAVY LIFTING AS A PERMANENT RESTRICTION ON ACTIVITY

AIM TO RESTORE FUNCTION FOR GENERAL ACTIVITIES OF DAILY LIVING

Discharged from ward with:

Check op note as patient may be in POP for 7 days

Patient should have check x-ray of elbow prior to discharge from ward

1 week

If patient has a backslab POP then remove in physio or OPD clinic at 7 days.

Commence active assisted flexion and extension within pain limits

Gentle pronation and supination exercises

2 weeks

Progress to active range of motion exercises in all directions

Patient must have wound check in OPD clinic or at GP Nurse

Return to activity - Guidelines

Driving 6 weeks

Breast stroke swimming 4 weeks

Front crawl swimming 3 months

Golf 3 months

Contact Details

NHS Secretary

Tel: 01727 897406

Email: shoulderandelbow@whht.nhs.uk

West Hertfordshire Hospitals 
NHS Trust

Private Secretary

Amanda Laws

Tel: 07754142855 / 01582714472

Email: amanda.laws@spirehealthcare.com

www.tonycorner.com