



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**ORIF Olecranon Fracture  
Post-Operative Protocol**

Days 0-7:	<ul style="list-style-type: none"><li>• Keep dressings clean and dry. Do not remove splint.</li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li><li>• If fingers are swollen, feel free to loosen dressings.</li><li>• Keep elbow elevated above the level of your heart for the first 3-5 days or as needed for swelling.</li><li>• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth</li></ul>
Day 7-14:	<p>Post-Op Appointment</p> <ul style="list-style-type: none"><li>• Post-operative dressings removed.</li><li>• X-rays are obtained to evaluate alignment.</li><li>• Stitches are absorbable and steri-strips left in place until they fall off on their own.</li><li>• Placed in custom-made posterior elbow splint.</li></ul>
Weeks 2 - 4	<ul style="list-style-type: none"><li>• Remove elbow splint 3 to 5 times a day to work on gentle range of motion.</li><li>• No lifting/pushing/pulling more than 5 pounds.</li><li>• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.) until steri strips fall off, or around the 4 week mark.</li></ul>
Weeks 5-12	<ul style="list-style-type: none"><li>• Discontinue use of elbow splint during daily activity.<ul style="list-style-type: none"><li>○ Wear splint only during sport related activity and heavy lifting.</li></ul></li><li>• Continue to work on regaining full range of motion.</li></ul>
3 Months:	<ul style="list-style-type: none"><li>• Return to unrestricted activity</li></ul>