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Physiotherapy protocol: Total Elbow Replacement

Weeks 1-6:

- Sling for 6 weeks
- No active extension for 6 weeks;
- Active assisted extension to full range from day 1
- Active / active assisted flexion/biceps from day 1 as pain allows.
- Encourage full ROM goals; 0-20-140

- Heat before PT, ice after PT

Weeks 6-12:

- Remove sling
- Begin AAROM → AROM for FROM
- Take case with active extension. Avoid supporting body weight for 12 weeks.

Comments: