



Following a Hemiarthroplasty of the Elbow

Rehabilitation	
On Discharge	<ul style="list-style-type: none"> • Early mobilisation, flexion extension, in supine with shoulder at 90 degrees • Closed chain elbow flexion/extension tables slides • Active Pro and Supination • Full shoulder movements, hand and wrist exercises • Postural and scapular education • Sling for comfort only • Advice and education re: limitations and joint protection • Mobility/ADL check
2 Weeks Aim: Regain flexion, extension, pro-and supination	<ul style="list-style-type: none"> • Active ROM in all directions • Overhead extension • No stretches • Incorporate unloaded kinetic chain rehab'
6 weeks or as AROM returns to >100 degrees arc	<ul style="list-style-type: none"> • Kinetic chain rehab' • Functional rehab'
12 + Weeks	<ul style="list-style-type: none"> • Return to full function

Sling	For comfort only
Physiotherapy Follow Up	Within 2 weeks PO

Milestones	
Full AROM	6 weeks
Driving	6 weeks
Light/Sedentary Work	6-8 Weeks
Heavy/Manual Work	n/a
Sport	Swimming 8-12 weeks

Patient specific instructions