

Occupational Therapy Toolkit

Elbow Fracture (Olecranon and Radial Head)

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired strength
Limited ROM
Pain
Edema
Weight bearing restrictions
Fall risk
Environmental barriers

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Recommend and/or provide adaptive equipment

Functional mobility training

Train in transfer techniques while adhering to weight-bearing restrictions

Provide UE activities and exercises for shoulder/wrist and hand to prevent loss of ROM and strength

Provide progressive elbow and forearm activities and exercises

Approximate guide for progression

Without surgery

Day 1 - immobilized in a splint or sling

Day 7-10 - gentle active and active assisted exercises to elbow and forearm

Day 21 - eliminate sling progress to resistive exercises

With ORIF

Day 1 - immobilized in a splint or sling

Day 3-7 - gentle active and active assisted exercises to elbow and forearm

Day 21 - eliminate sling progress to resistive exercises

Teach edema control techniques

Instruct in pain management techniques.

Teach stress management and relaxation techniques, instruct in coordinating medication peak with exercise and activity, educate in use of superficial heat and cold

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies.

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Patient Education:

1. Superficial Heat
2. Superficial Cold
3. Edema Control Techniques
4. Home Exercise Program Face Sheet
5. Elbow/Forearm/Wrist Active ROM Exercises
6. Elbow/Forearm/Wrist Strengthening Exercises
7. Elbow/Forearm/Wrist Stretching
8. Stress Management and Relaxation Techniques
9. Falls Risks Assessment and Prevention Strategies
10. Home Safety and Functional Safety Assessment