Open Reduction Internal Fixation Medial Epicondyle Physical Therapy Protocol

Name____________________________________________ Date__________________

Diagnosis   s/p ORIF RIGHT/LEFT Medial Epicondyle

Date of Surgery_________________________

Frequency: _____ times/week   Duration: _____ Weeks

____ Phase I: Initial Post-Operative Phase

Goals
- Protect fixation construct
- Minimize muscle wasting
- Decrease pain and inflammation

Week 1:
- Maintain splint at 90° of flexion for 7-10 days
- Splint removed at 7-10 days and brace applied at 30°-100° ROM
- Elbow compression dressing if desired

Exercises:
- Gripping
- Passive wrist ROM
- Shoulder isometrics (avoid ER)
- Biceps isometrics
- Cryotherapy

Week 2:
- Elbow brace setting for ROM: 25°-100°
- Gradually increase ROM 5° extension and 10° flexion per week

Exercises:
- Same as above, elbow ROM in brace and initiate elbow extension isometrics

Week 3:
- Elbow brace setting for ROM: 15°-110°

Exercises
- Cont. exercises, elbow ROM in brace, initiate active wrist/elbow ROM (no resistance)

____ Phase II: Intermediate Phase (Weeks 4-7)

Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM
Weeks 4-8:
Goals:
- Gradually increase to full ROM
- Regain and improve muscular strength while allowing tissue to heal

Week 4:
- Elbow brace setting for ROM: 0°-125°

Exercises:
- Begin light resistance exercises (1lb max)
- Wrist curls, extensions, pronation, supination
- Elbow flexion/extension
- Progress shoulder program to emphasize rotator cuff
- Avoid external rotation until week 6

Week 5:
- Elbow brace setting for ROM: 0°-135°
- Discontinue brace if elbow is progressing well
- Continue above exercises

Week 6:
- Elbow ROM: 0°-145° without the brace ñ progress to full ROM
- Progress elbow strengthening
- Initiate shoulder ER strengthening

Weeks 8-10:
Exercises:
- Eccentric elbow flexion/extension
- Continue above exercises

Weeks 11-13
Exercises:
- Continue all above exercise, initiate plyometric exercise program

Phase III: Advanced (Weeks 8-13):
Goals:
- Improve strength and endurance
- Continue full elbow ROM
- Return to functional activities

Phase IV: Final Phase (Weeks 14-32):
Goals:
- Improve strength and endurance of entire upper extremity
Weeks 14-15:
Exercises:
- Continue strengthening program
- Emphasize elbow and wrist strengthening
- Maintain full elbow ROM

Weeks 16-22
Exercises:
- Begin Phase I interval throwing program

Weeks 22-24
Exercises:
- Begin Phase II interval throwing program

Week 30:
Exercises:
- Progress to competitive throwing

Comments:

- _______ Functional Capacity Evaluation
- _______ Work Hardening/Work Conditioning
- _______ Teach HEP

Modalities
- _______ Electric Stimulation
- _______ Ultrasound
- _______ Iontophoresis
- _______ Phonophoresis
- _______ TENS
- _______ Heat before
- _______ Ice after
- _______ Trigger points massage
- _______ Therapist’s discretion

Signature__________________________________________ Date__________________