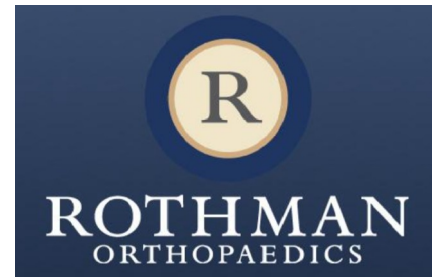


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Open Reduction Internal Fixation Medial Epicondyle Physical Therapy Protocol

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

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       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

Exercises

- Progress elbow strengthening
- Initiate shoulder ER strengthening

Week 7:

- Initiate throwers 10
- Progress light isotonic program

       Phase III: Advanced (Weeks 8-13):

Goals:

- Improve strength and endurance
- Continue full elbow ROM
- Return to functional activities

Weeks 8-10:

Exercises:

- Eccentric elbow flexion/extension
- Continue above exercises

Weeks 11-13

Exercises:

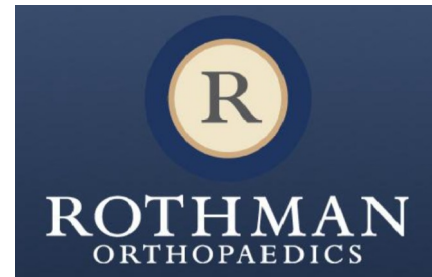
- Continue all above exercise, initiate plyometric exercise program

       Phase IV: Final Phase (Weeks 14-32):

Goals:

- Improve strength and endurance of entire upper extremity

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Return to all activities

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 \_\_\_\_\_