

## **Post-Operative Instructions** **Open Elbow Surgery, ORIF Medial Epicondyle of the Humerus**

### **Day of Surgery**

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.
- E. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

### **First Post-Operative Day**

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

### **Second Post-Operative Day**

- A. Continue icing

### **Third Post-Operative Day Until Return Visit**

- A. Continue ice pack as needed.
- B. If you don't have a splint or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

**Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).**

## Post Operative Rehabilitation Protocol Following ORIF Medial Epicondyle of the Humerus

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I –Immediate Post Operative Phase

- **Goals**
  - Protect healing tissue
  - Retard muscular atrophy
  - Decrease pain/inflammation
- **Week 1**
  - Posterior splint at 90° elbow flexion for 7 days
  - Brace: application of functional brace set at 30-100° at day 7-10 after splint removed
  - ROM: wrist AROM ext/flexion
  - Elbow compression dressing 2-3 days
  - Exercises
    - Gripping
    - Wrist ROM (passive only)
    - Shoulder isometrics (no shoulder ER)
    - Biceps isometrics
    - Cryotherapy
- **Week 2**
  - Brace: Elbow ROM 25-100° in brace
    - Gradually increase ROM 5° ext and 10° of flexion per week
  - Exercises
    - Continue all exercises listed above
    - Elbow ROM in brace
    - Initiate elbow extension isometrics
- **Week 3**
  - Brace: Elbow ROM 15-110°
  - Exercises
    - Continue all exercises listed above
    - Elbow ROM in brace
    - Initiate active ROM wrist and elbow (no resistance)

### Phase II –Intermediate Phase (Week 4-7)

- **Goals**
  - Gradual increase to full ROM
  - Promote healing of repaired tissue
  - Regain and improve muscular strength
- **Week 4**
  - Brace: elbow ROM 0-125°

- Exercises
  - Begin light resistance exercises or arm (1 lbs)
  - Wrist curls, extensions, pronation, supination
  - Elbow ext/flexion
- Progress shoulder program to emphasize rotator cuff strengthening
  - Avoid external rotation until week 6
- **Week 5**
  - ROM: elbow ROM 0-135°
  - Discontinue brace
  - Continue all exercises
- **Week 6**
  - ROM: 0-145° without brace or full ROM
  - Exercises
    - Progress elbow strengthening exercises
    - Initiate shoulder external rotation strengthening
- **Week 7**
  - Initiate Thrower's Ten Program
  - Progress light isotonic program

**Phase III –Advanced Strengthening Program (Week 8-13)**

- **Goals**
  - Improve strength/power/endurance
  - Maintain full elbow ROM
  - Gradual return to functional activities
- **Week 8-10**
  - Exercises
    - Initiate eccentric elbow flexion/extension
    - Continue
      - Isotonic program –forearm and wrist
      - Shoulder program –Thrower's Ten
      - Stretching program –especially elbow extension
- **Week 11-13**
  - Exercises
    - Continue all exercises listed above
    - Initiate plyometric exercise program

**Phase IV –Return to Activity (week 14-32)**

- **Goals**
  - Continue to increase strength, power, and endurance of upper extremity musculature
  - Gradual return to activities
- **Week 14**
  - Exercises: continue strengthening program
    - Emphasis on elbow and wrist strengthening and flexibility exercises
    - Maintain full elbow ROM

- **Week 16**
  - Exercises
    - Initiate interval throwing program (phase I)
    - Continue all exercises
    - Stretch before and after throwing
- **Week 22-24**
  - Exercises
    - Progress to Phase II Throwing Program (once completed Phase I)
- **Week 30**
  - Exercises
    - Progress to competitive throwing

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_