

ORIF Medial Epicondyle Drew Ratner MD

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PRISMA
HEALTHSM

Phase I – Immediate Post Operative Phase (Weeks 1-4)

Goals

- Protect healing tissue
- Retard muscular atrophy
- Decrease pain/inflammation

Week 1-2

- Posterior splint at 90° elbow flexion for 7 days
- Brace: ROM at elbow 30-100 until week 2
- PROM at wrist
- Exercises
 - Gripping
 - Wrist PROM
 - Shoulder isometrics (no shoulder ER)
 - Biceps isometrics
 - Cryotherapy

Week 2-3

- Brace: ROM Elbow 25 -100
 - Gradually increase ROM 5° Ext per week and 10° Flexion per week
- Exercises
 - Continue all exercises listed above
 - Elbow ROM
 - Initiate elbow extension isometrics

Week 3-4

- Brace: ROM Elbow 15-110
 - Gradually increase ROM 5° Ext per week and 10° Flexion per week
- Exercises
 - Continue all exercises listed above
 - Elbow ROM
 - Initiate active ROM wrist and elbow

Phase II Intermediate Phase (Wks 4 - 7)

Goals

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength

Week 4-5

- Brace: elbow ROM 0-125
- Exercises
 - Begin light resistance exercises (1lb)
 - Wrist curls, extension, pronation, supination
 - Elbow ext/flexion
- Progress Shoulder program to emphasize rotator cuff Strengthening
 - Avoid external rotation until week 6

Week 5-6

- Discontinue Brace
- ROM elbow 0-135
- Continue all exercises

Week 6-7

- ROM 0-145 without brace or Full ROM
- Exercises
 - Progress Elbow strengthening exercises
 - Initiate shoulder external rotation strengthening

Week 7-8

- Initiate Throwing Program
- Progress light isotonic program

Phase III – Advanced Strengthening (Wks 8-13)

Goals

- Improve strength/power/endurance
- Maintain full elbow ROM
- Gradual return to functional activities

Week 8-10

- Exercises
 - Continue all exercises listed above
 - Initiate plyometric exercise program

Phase IV – Advanced Strengthening & Endurance (Wks 14-32)

Goals

- Continue to increase strength, power, and endurance of upper extremity musculature
- Gradual return to activities

Week 14

- Exercise: continue strengthening program
 - Emphasis on elbow and wrist strengthening and flexibility exercises
 - Maintain full elbow ROM

Week 16

- Exercises
 - Initiate interval throwing program
 - Continue all exercises
 - Stretch before and after throwing

Week 22-24

- Progress to phase II Throwing program

Week 30

- Progress to competitive throwing