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ORIF Medial Epicondyle of Humerus Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-7 days) Goals: <ul style="list-style-type: none"> • Protect repair and incision • Decrease pain/inflammation 	<ul style="list-style-type: none"> • Elbow splint at 90 degrees elbow flexion • Sling for comfort 	<ul style="list-style-type: none"> • No elbow ROM in splint • No passive wrist extension • No active wrist flexion 	<ul style="list-style-type: none"> • Shoulder isometrics • Gentle gripping • No lifting >1lb with operative extremity
Phase 2 (1-2 Weeks) Goals: <ul style="list-style-type: none"> • Protect repair and incision • Prevent elbow stiffness 	<ul style="list-style-type: none"> • Hinged elbow brace unlocked 30-100 degrees <ul style="list-style-type: none"> ◦ Locked @90 when ambulating 	<ul style="list-style-type: none"> • Elbow PROM only 	<ul style="list-style-type: none"> • Continue above
Phase 3 (3-4 Weeks) Goals: <ul style="list-style-type: none"> • Progress AROM 	<ul style="list-style-type: none"> • HEB 15-110 degrees week 3 • HEB 0-125 degrees week 4 	<ul style="list-style-type: none"> • Begin elbow A/PROM • Begin active wrist ROM 	<ul style="list-style-type: none"> • Continue above • Elbow extension isometrics • Shoulder rotator cuff strengthening
Phase 4 (5-6 Weeks) Goals: <ul style="list-style-type: none"> • Full elbow and wrist ROM 	<ul style="list-style-type: none"> • HEB full ROM • Wean from HEB starting week 6 	<ul style="list-style-type: none"> • Full elbow, hand and wrist AROM 	<ul style="list-style-type: none"> • Continue above • Begin gentle resistance ROM wrist and elbow
Phase 5 (7-12 Weeks) Goals: <ul style="list-style-type: none"> • Maintain full ROM • Initiate elbow strengthening 	<ul style="list-style-type: none"> • No Brace • Full weight bearing 	<ul style="list-style-type: none"> • Maintain full A/PROM • Begin elbow stretching program week 8 	<ul style="list-style-type: none"> • Continue above • Progress elbow flex/ext resistance • Initiate eccentric elbow flex/ext • Initiate Thrower's Ten program • Begin return to sport activities

Phase 6 (13+ Weeks) Goals: <ul style="list-style-type: none">• Improve strength/power/endurance	<ul style="list-style-type: none">• FWB	<ul style="list-style-type: none">• Maintain full A/PROM• Continue elbow stretching	<ul style="list-style-type: none">• Continue above• Emphasis on elbow and wrist strengthening and flexibility• Initiate throwing program
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