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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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