



**Kyle Flikkema, DO**

Phone: 763-786-9543 | Website: TCOmn.com/Kyle-Flikkema

**ORIF Medial Epicondyle of Humerus Rehabilitation Protocol**

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

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