



Austin Cole, MD

Medial Epicondyle ORIF

Post-Operative Protocol

Initial Phase

Splint to be removed first post-op visit

Brace given at post-op appointment

Week 2-3: brace at 90 degrees, may remove to shower and work on ROM

Week 4-6: brace unlocked, may remove to shower and work on ROM

Guidelines:

Avoid valgus stress to elbow, joint mobs, wrist flexion/pronation strengthening for 6 weeks

No lifting for 2 weeks

No lifting >2lbs for 4 weeks

No lifting >5lbs for 6 weeks

Ensure work on kinetic chain throughout protocol—hamstring/hip stretching, core strengthening, scapular stabilization strengthening, posterior capsule stretching to shoulder (without stress to elbow).

Week 2 to Week 3

Begin PT

Brace locked at 90 degrees

Goals:

- Protect healing tissue/bone
- Eliminate inflammation and decrease pain with modalities
- Avoid strengthening of flexor muscles
- Postural education, HEP education

Exercises:

- Gentle, pain-free elbow and wrist PROM (NO AROM)
- Shoulder PROM (ensure no pressure distal to elbow for ER/IR)
 - No sleeper stretch for 6 weeks
- Scapular stabilizer strengthening (no weight or elbow stress)
- Appropriate kinetic chain exercises (without stress to elbow)
- Stationary bike for cardiovascular activity (NO ARMS)

Week 4 to Week 6

Brace unlocked, may discontinue at 6 weeks

Goals:

- Gradual increase to full PROM by week 4
- Promote tissue and bone healing
- Continue to manage any inflammation/pain with modalities
- HEP
- Assess kinetic chain and biomechanical concerns

Exercises:

- Gentle, pain-free elbow and wrist PROM
- Progress to elbow AROM at 4 weeks
- Ulnar nerve glides if needed (no valgus stress)
- Gradual progression of pain-free wrist and elbow strengthening at 6 weeks
- Gradual progression of shoulder AAROM/AROM (no valgus stress) at 4 weeks
- Progress appropriate kinetic chain exercises without stress to elbow
- Stationary bike (no arms)/elliptical (no arms) for cardiovascular fitness
- Scar massage at week 6

Week 7 to Week 10

Goals:

- No swelling
- Gradual increase of elbow and forearm ROM in all planes
- Proper scapular control/mobility
- Improve strength/conditioning

Exercises:

Gentle, pain-free elbow AROM

Continue shoulder ORM and strengthening

Scapular stability and control exercises

Progress appropriate kinetic chain exercises without stress to elbow

Stationary bike/elliptical

Jogging at 8 weeks

Closed chain activity at 8 weeks

Plyometric progression (double arm to single arm) at 10 weeks

Overhead athletes: appropriate throwing/hitting programs will be provided by physician

Week 8: position players start hitting progression; pitchers start throwing program

Week 10: position players start throwing program; pitchers start hitting progression