

Medial epicondyle ORIF

Physical Therapy Post-op Protocol

Week 1

Primary goal: Allow incision healing

- Splint until first post-operative visit (7-10 days)
- Transition to brace
- Elevate on pillows to heart level or above for pain and edema control

Weeks 1-2

Primary goal: Initial light ROM

- Brace set at 30-90 degrees.
 - Range of motion advanced by 10-15 degrees each week
- Brace may be removed for hygiene
- Active light flexion and extension that brace allows
- No forearm strengthening besides ball squeezes
- Gentle wrist and shoulder ROM

Weeks 3-4

Primary goal: Full elbow ROM

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully straighten elbow)
- Scar tissue mobilization
- Forearm strengthening at 4 weeks
- Continue shoulder, wrist ROM
- Stationary bike without resistance to handles

Weeks 6-9

Primary goal: Begin forearm strengthening

- Wean out of brace
- Active full extension, active flexion, active supination/pronation
- Rotator cuff, deltoid, triceps isometrics
- Forearm isotonic
- Throwers Ten exercises

- PNF diagonal patterns
- Plyometrics exercise program, chest pass, side throw close to body
- May incorporate Blood Flow Restriction (BFR)
- Begin lower body stretching and strengthening

Weeks 9-12

Primary goal: Progress to resistance exercises in prep for throwing

- Plyometrics 2 hand drills away from body (side to side throws, soccer throws)
- Increase upper body plyometrics
- Incorporate Blood Flow Restriction (BFR)

Weeks 12-16

Primary goal: Build strength/power/endurance, Initiate sporting activities

- One hand plyometric throwing, one hand wall dribble
- May progress lower body weight lifting (squats, deadlifts, cleans)
- Begin throwing progression once grip strength symmetric to

Weeks 17+

- Return to sport decision made by MD only based on clinical progress and rehab milestones