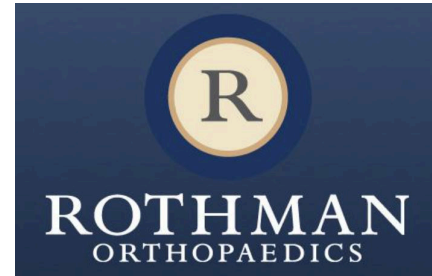


Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com



Open Reduction Internal Fixation Medial Epicondyle Physical Therapy Protocol/Prescription

Name _____

Diagnosis s/p ORIF RIGHT/LEFT Medial Epicondyle

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

____ Phase I: Initial Post-Operative Phase

Goals

- Protect fixation construct
- Minimize muscle wasting
- Decrease pain and inflammation

Week 1:

- Maintain splint at 90° of flexion for 7-10 days
- Splint removed at 7-10 days and brace applied at 30°-100° ROM
- Elbow compression dressing if desired

Exercises:

- Gripping
- Passive wrist ROM
- Shoulder isometrics (avoid ER)
- Biceps isometrics
- Cryotherapy

Week 2:

- Elbow brace setting for ROM: 25°-100°
- Gradually increase ROM 5° extension and 10° flexion per week

Exercises:

- Same as above, elbow ROM in brace and initiate elbow extension isometrics

Week 3:

- Elbow brace setting for ROM: 15°-110°

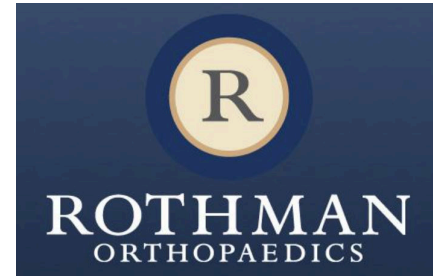
Exercises

- Cont. exercises, elbow ROM in brace, initiate active wrist/elbow ROM (no resistance)

____ Phase II: Intermediate Phase (Weeks 4-7)

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.

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Gentle strengthening exercises with active motion
Continue shoulder Strengthening and ROM

 Weeks 4-8:

Goals:

Gradually increase to full ROM
Regain and improve muscular strength while allowing tissue to heal

Week 4:

Elbow brace setting for ROM: 0°-125°

Exercises:

Begin light resistance exercises (1lb max)
Wrist curls, extensions, pronation, supination
Elbow flexion/extension
Progress shoulder program to emphasize rotator cuff
Avoid external rotation until week 6

Week 5:

Elbow brace setting for ROM: 0°-135°
Discontinue brace if elbow is progressing well
Continue above exercises

Week 6:

Elbow ROM: 0°-145° without the brace ñ progress to full ROM

Exercises

Progress elbow strengthening
Initiate shoulder ER strengthening

Week 7:

Initiate throwers 10
Progress light isotonic program

 Phase III: Advanced (Weeks 8-13):

Goals:

Improve strength and endurance
Continue full elbow ROM
Return to functional activities

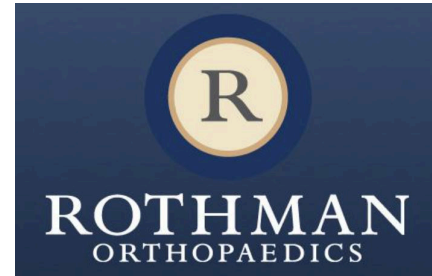
Weeks 8-10:

Exercises:

Eccentric elbow flexion/extension
Continue above exercises

Weeks 11-13

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Exercises:

Continue all above exercise, initiate plyometric exercise program

 Phase IV: Final Phase (Weeks 14-32):

Goals:

Improve strength and endurance of entire upper extremity
Return to all activities

Weeks 14-15:

Exercises:

Continue strengthening program
Emphasize elbow and wrist strengthening
Maintain full elbow ROM

Weeks 16-22

Exercises:

Begin Phase I interval throwing program

Weeks 22-24

Exercises:

Begin Phase II interval throwing program

Week 30:

Exercises:

Progress to competitive throwing

Comments:

 Functional Capacity Evaluation Work Hardening/Work Conditioning X Teach HEP

Modalities

 X Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS
 X Heat before X Ice after Trigger points massage X Therapist's discretion

Signature _____ Date _____