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POST-OPERATIVE REHABILITATION PROTOCOL

ORIF Medial Epicondyle of Humerus

Phase 1 0-14 DAYS

- **Goals:** Protect repair and incision; Decrease pain/inflammation
- **Immobilization:** Elbow splint at 90 degrees elbow flexion; sling for comfort

RANGE OF MOTION

- No elbow ROM in splint; no passive wrist extension; no active wrist flexion

EXERCISES

- Shoulder isometrics; gentle gripping; no lifting >1 lb with operative extremity

Phase 2 3-4 WEEKS

- **Goals:** Progress AROM
- **Immobilization:** HEB 15-110 degrees week 3; HEB 0-125 degrees week 4

RANGE OF MOTION

- Begin elbow A/PROM; begin active wrist ROM

EXERCISES

- Continue above; elbow extension isometrics; shoulder rotator cuff strengthening

Phase 3 5-6 WEEKS

- **Goals:** Full elbow and wrist ROM
- **Immobilization:** HEB full ROM; wean from HEB starting week 6
- **ROM:** Full elbow, hand and wrist AROM

EXERCISES

- Continue above; begin gentle resistance ROM wrist and elbow

Phase 4 7-12 WEEKS

- **Goals:** Maintain full ROM; Initiate elbow strengthening
- **Immobilization:** No brace; full weight bearing

RANGE OF MOTION

- Maintain full A/PROM; begin elbow stretching program at 8 weeks

EXERCISES

- Continue above; progress elbow flex/ext resistance; initiate eccentric elbow flex/ext; initiate thrower's ten program



- Begin return to sport activities

Phase 5 13+ WEEKS

- **Goals:** Improve strength, power, and endurance
- **Immobilization:** FWB

RANGE OF MOTION

- Maintain full A/PROM; continue elbow stretching

EXERCISES

- Continue above; emphasis on elbow and wrist strengthening and flexibility; initiate throwing program

Return to Sport & Discharge Criteria

- Healing confirmed by Dr. Kelly; full functional ROM
- Strength $\geq 90\%$ of opposite side; graduated return to impact after clearance

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.