



Post Operative Rehabilitation Protocol Following Open Elbow Surgery, Radial Head or Capitellum ORIF (Open reduction and internal fixation)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Immediate Post Operative Phase (Week 0-1)

• **Goals**

- Allow soft tissue healing
- Decrease pain and inflammation
- Retard muscular atrophy

• **Week 1**

- Posterior splint at 90° elbow flexion with wrist free for motion (sling for comfort)
- Elbow compression dressing
- Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)

Phase II - Intermediate Phase (Week 3-7)

• **Goals**

- Restore full pain free range of motion
- Improve strength, power, endurance of upper extremity musculature
- Gradually increase functional demands

• **Week 3-5**

- Progress elbow ROM, emphasize full extension
- Initiate flexibility exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexion
- Initiate strengthening exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexors
 - Shoulder program (Thrower's Ten Shoulder Program)

• **Week 6-7**

- Continue all exercises listed above
- Initiate light sport activities

Phase III - Advanced Strengthening Program (Week 8-12)

• **Goals**

- Improve strength/power/endurance
- Gradually initiate sporting activities

• **Week 8-11**

- Initiate eccentric exercise program
- Initiate plyometric exercise drills
- Continue shoulder and elbow strengthening and flexibility exercises
- Initiate interval throwing program for throwing athletes



- **Goals**
 - Gradual return to activities
- **Week 12**
 - Return to competitive throwing
 - Continue Thrower's Ten Exercise Program

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____