

MEDIAL EPICONDYLE OF HUMERUS ORIF – PEDI ORTHO

Phase I- Protective Phase (Weeks 0 – 3)

Goals:

- Protect healing tissues and minimize deleterious stresses
- Decrease pain, inflammation and swelling
- Gradual return of protected AROM

Week 1

- Brace: Functional Hinge Brace at 90° of elbow flexion
- Elbow Compression dressing for 2-3 days (post-cast removal)
- Exercises: Gripping
Scap Squeeze

Week 2

- Brace: ROM set at 20° – 100°
- Exercises: Continue exercises listed above
Initiate active elbow flexion and extension within brace limits
Elbow PROM in brace
Elbow extension isometrics

Week 3

- Brace: ROM set at 10° – 110°
- Exercises: Continue exercises listed above
Elbow PROM in brace
Initiate AROM wrist and elbow (no resistance)

Phase II – Intermediate Phase (4 – 8 Weeks)

Goals:

- Gradually increase ROM to attain FROM by week 4 - 6
- Promote healing of tissue
- Regain and improve muscular strength

Week 4

- Brace: Elbow ROM 0° -125°
- Exercises: Begin light bicep curls – 1 lbs
Being wrist pronation/supination/flexion
Cont elbow AROM flex/ext
Shoulder Isotonics/T-band (NO ER until week 6)

Week 5

- Discontinue brace
- ROM: Elbow ROM 0° -135°
- Continue all exercises

Weeks 6 – 8

- ROM: Full ROM (0° -145°)
- Begin shoulder ER exercises to compliment existing shoulder/scapular exercises
- If needed – can begin low-load stretching for elbow extension

Phase III – Advanced Strengthening Phase (Weeks 9 - 13)

Goals:

- Increase strength, power and endurance
- Gradually initiate sports activities

Weeks 9 - 16

- Progress isotonic program
- Begin isokinetic program for shoulder and elbow
- Begin plyometric program at week 11
- If baseball player - begin hitting at week 11

Phase IV – Return to Activity Phase (Weeks 16 – 26)

Goals:

- Gradual return to sport activities
- Continue stretching/strengthening program

Week 16

- Initiate throwing/interval sports program

Phase V – Return to sport (6 months)

- Return to mound program/positional play

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program