

Physical Therapy Prescription for:

label

**Diagnosis: R L Elbow Medial Epicondyle Fracture [ ] w/ dislocation [ ] without dislocation**

**Surgical Procedure: ORIF R L Medial Epicondyle**

**Date of Surgery:**

**Immediate Post-Op (0-2 weeks) – PROTECTION PHASE:**

- No elbow ROM
- Long arm cast/splint at 90°

**Weeks 3 to 6 – RANGE OF MOTION PHASE (NO SUPINATION):**

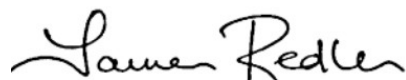
- Hinged ROM brace 30-100° with slow progression as tolerated 5° extension and 10° flexion/week
- Gentle PROM elbow in neutral or pronation
- Shoulder isometrics (no shoulder ER)
- Biceps isometrics
- Elbow ROM in brace
- Cryotherapy
- Week 4 – initiate active wrist and elbow ROM (no resistance)

**Weeks 7 to 8 – EARLY STRENGTHENING PHASE:**

- Gradual increase ROM to 0-135°, goal is full ROM by 8 weeks
- Discontinue brace
- Begin light resistance exercises (1 lbs)
- Wrist curls, extensions, pronation, supination
- Progressive cuff strengthening program, initiate shoulder external rotation strengthening
- Initiate Thrower's 10

**Week 10+ – ADVANCED STRENGTHENING PHASE:**

- Initiate eccentric elbow flexion/extension
- Continue isotonic program for forearm/wrist and continue shoulder program
- Initiate 2-hand plyometric drills, advance to 1-hand plyo drills as able (~2 weeks)
- When able to do 1-hand plyo drills, ok to start advanced Thrower's Ten Program
- Return to full activities ~ 4 months
- Return to play (throwing) ~ 6 months



Lauren H. Redler, M.D.

Date