

Distal Humerus Fracture ORIF

Dr. Kuhl

***Schedule OT same day as doctor (usually 10-14 days post-op).**

Time Frame	Treatment	Goals
Phase I 10-14 days post-op:	<ul style="list-style-type: none"> • Evaluate and Treat. • Fit with client with a hinged elbow brace allowing 0-90 degrees of motion and educate in wear schedule. This may be completed at the doctor's office. • Instruct in edema management techniques. • Educate in gentle AROM elbow 0-90 degrees and full forearm rotation. • Educate in AROM of shoulder, wrist, and hand exercises as needed. • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 5 weeks. 	<ul style="list-style-type: none"> • Brace wear schedule • HEP with AROM • Do's/Don'ts • Edema control
Phase II 4.5 weeks post-op:	<ul style="list-style-type: none"> • Begin gentle AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension. • May begin using ultrasound, phonophoresis, or iontophoresis. (i.e. 20% duty cycle over plate). • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • AAROM with HEP • Scar management
Phase III 6 weeks post-op:	<ul style="list-style-type: none"> • Initiate PROM for the elbow and forearm provided doctor feels bone is healed enough. • Night time thermoplastic extension orthosis as needed/ordered from doctor, to achieve functional extension. 	<ul style="list-style-type: none"> • HEP addendums • Orthosis as needed
Phase IV 8 weeks + post-op	<ul style="list-style-type: none"> • Light strengthening as needed for BADL's. • Progress as needed in concert with doctor. 	<ul style="list-style-type: none"> • HEP strengthening