

Distal Humerus Fracture ORIF

Dr. Hiesterman

Time Frame	Treatment	Goals
Post-Op Day (10-14 days post-op)	<ul style="list-style-type: none"> Evaluate and Treat. Only if instructed by MD: Fit the patient with a hinged elbow brace allowing 0-90 degrees of motion and educate in wear scheduled for the brace. This may be completed in the doctor's office. Educate in/Review wear schedule. Instruct in edema management techniques, Educate in gentle AROM elbow (0-90) and forearm (full). Initiate AROM shoulder, wrist, and hand exercises as needed. May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) Instruct in scar management techniques in scar massage and pad (to begin once incision is healed). 	<ul style="list-style-type: none"> Pain management Edema control Scar management
Phase I (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 	
Phase II (6 weeks post-op)	<ul style="list-style-type: none"> Initiate PROM for the elbow and forearm provided doctor feels the bone is healed enough. Begin forearm strengthening as tolerated 	<ul style="list-style-type: none"> Progress to full ROM
Phase III (8 weeks post-op)	<ul style="list-style-type: none"> Continue above exercises Initiate elbow strengthening as tolerated and ordered by MD 	
Phase IV (12+ weeks post-op)	<ul style="list-style-type: none"> No activity restrictions at this time 	<ul style="list-style-type: none"> Normal use of affected extremity