

Medial Elbow Debridement

Dr. Staiger

*Schedule OT same day as doctor unless with CTR then 1-3 days post-op.

**Restriction: No lifting greater than 15 pounds for 8 weeks and limit firm/heavy grasping.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3 <u>Only if with Carpal Tunnel Release</u>	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Fabricate long arm orthosis with wrist included. <ul style="list-style-type: none"> ○ Wear orthosis at all times other than showering. ○ Tell client that in 4 weeks he/she may remove orthosis for exercises. • Instruct edema management technique. • Issue finger tendon glides but hold off on median nerve glides until 4 weeks post-op. 	<ul style="list-style-type: none"> • Edema control • Incision care • Pain management • Scar management
Phase I Day 10-14	<ul style="list-style-type: none"> • Complete above listed items, if this is the first post-op visit. • 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"> • Edema control • Incision care • Pain management • Scar management
Phase II 4 Weeks	<ul style="list-style-type: none"> • Instruct gentle active range of motion digits, wrist, forearm, and elbow. • Issue tennis elbow strap. <ul style="list-style-type: none"> ○ Wear tennis elbow strap while completing active range of motion exercises or when not wearing the long arm orthosis. • May begin weaning out of long arm orthosis during the day, wearing the forearm strap instead. <ul style="list-style-type: none"> ○ Wear orthosis at night. • Review edema management techniques. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Begin myofascial techniques as indicated. 	<ul style="list-style-type: none"> • ROM • Continued edema control and pain and scar management
Phase III 6-8 Weeks <u>Depending on pain level</u>	<ul style="list-style-type: none"> • Instruct client in light strengthening exercises beginning with wrist flexors, FCU, FCR, and forearm pronation. • Progress with strengthening exercises for grip. Hold off with strengthening exercises or progress slowly if client is still experiencing pain symptoms. • Begin eccentric muscle exercises if no pain. 	<ul style="list-style-type: none"> • PREs