



Jared M. Mahylis, MD

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Shoulder & Elbow Surgeon

## Elbow Fracture (Distal Humerus) ORIF

### **JARED M. MAHYLIS, MD**

Henry Ford Health System  
Detroit, MI

#### **Phase I: (0 to 1 week after surgery)**

Goals: Protect Repair, ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures dissolve on their own.

#### **Phase II: (1 to 6 weeks after surgery)**

Goals: Initiate ROM & Protect Repair

1. Begin active assisted and passive elbow extension without limitation. Slow progression in motion. No active elbow extension.
2. May begin active elbow Flexion and supination/pronation
3. Remain non-weight bearing. No lifting with the operative arm.
4. Avoid movements of resistance (e.g. Opening doors)
5. May shower and get incision wet.

#### **Phase III: (6 to 12 weeks after surgery)**

Goal: Progress ROM and initiate strengthening.

1. Advance active and passive ROM in all planes to tolerance.
  - a. Flexion, supination, pronation
2. Begin active elbow extension
3. Initiate slow progressive strengthening under therapy guidance:
  - a. Week 6: 1-2 lbs.
  - b. Week 8: 2-3 lbs.
  - c. Week 10: 5-8 lbs.
  - d. Week 12: 8-10 lbs

#### **Phase IV: (>3 months after surgery)**

1. Continued functional strengthening
2. Permanent lifting restriction of 10 lbs.