

KNEEbraska

Matthew R. Byington, DO

Orthopaedic Surgeon—Board Certified

Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction

Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506

Phone: (402) 489-4700 Fax: (402) 489-5220

www.KNEEbraska.com // www.drmatbyington.com // www.prairie-ortho.com
ELBOW RADIAL HEAD OR CAPITELLUM ORIF REHABILITATION PROTOCOL

	ROM	SPLINT	EXERCISE
PHASE I (0-2 weeks)	Allow soft tissue healing, decrease pain/inflammation.	Posterior split at 90 degrees elbow flexion with wrist free for motion, sling for comfort	Week 1: Gripping, PROM only wrist, shoulder isometrics (no ER)
PHASE II (3-7 weeks)	Restore full painfree ROM. Weeks 3-5 emphasize full elbow extension.	NA (per surgeon)	Initiate ROM/strength for wrist extension/flexion, forearm supination/pronation, elbow extension/flexion; light sports activities resume (weeks 6-7)
PHASE III (8-12 weeks)	Full	NA	Eccentric exercises, plyometric drills, continue shoulder/elbow strength work; initiate interval throwing for throwing athletes once cleared by surgeon (week 12).