SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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POST-OP DISTAL HUMERUS FRACTURE FIXATION

Phase I: Early ROM & Protect Fixation (0 to 4 weeks)	• Splint and postop dressing remains in place for the first 2 weeks. • Hinged Elbow Brace worn at all times (after the initial dressing removed) • Initiate elbow exercise program 5 times per day: • Passive extension to 0 degrees as tolerated /Active flexion to 90 as tolerated / Progress to full Supination/Pronation • Shoulder/wrist/hand exercises encouraged • Edema control • Avoid active elbow extension x 6 wks postop • Grip and wrist/hand AROM immediately. • Perform supination ROM only with the elbow flexed to 90 degrees.
Phase II: Advance ROM and function (4-6 weeks)	• Passive extension to 0 degrees as tolerated • Active/Passive flexion may increase by 10 degrees per week as tolerated • Progress to full Supination/Pronation • Progress to active/active assist ROM • Begin wrist, forearm, and hand/finger strengthening exercises
Phase III: Full ROM and function (6-10 weeks)	• Wean from brace once fracture healing on XRAY (6-8 wks) • May begin static progressive splinting if failure to achieve >100 degree arc ROM by 8 wks • Begin active elbow extension • Progress with strengthening slowly o -5 lbs lifting restriction at 6wks o -15 lbs lifting restriction at 8 wks • Transition to HEP by 8-10 wks
Phase IV: Full ROM and function (10-12+ weeks)	• Gradually return to light activity and exercise • No further activity restrictions after 12 weeks