

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Distal Humerus Fracture – ORIF

**Three times per day home exercise program:**

**Goal: Avoid fracture displacement but obtain max ROM by 3 months post-operatively**

Phase 1: Week 0-6

- Sling as needed for comfort
- Edema control:
  - Compressive stocking
  - Elevate above heart on pillows while supine
- TID finger, wrist, forearm pronation / supination A/AA/PROM
- TID elbow motion
  - If olecranon osteotomy: A/AAROM flexion, P/AAROM gravity assisted extension
  - If NO olecranon osteotomy: Active, Active assist, gentle PROM flexion and extension
- Avoid varus force at the elbow
  - Keep elbow tucked at the side for all activities
  - Avoid holding the elbow out and away from the body (abduction at the shoulder)
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Discontinue sling altogether
- Advance to more aggressive elbow AAROM, PROM static progressive stretches (no restrictions)
  - Static progressive splinting if needed
- Add 4 quadrant shoulder A/AA/PROM as tolerated
- No lifting >5# at the side or >coffee cup overhead

Phase 3: Week 12-24 weeks

- Activities as tolerated (if clinical fracture healing)
  - Independent home exercise program
  - Return to sport
  - Work hardening

More info: [twincitiesshoulderandelbow.com/distal-humerus-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/distal-humerus-shoulder-elbow-specialist-minneapolis-saint-paul.html)