

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Monteggia Fracture Dislocation– 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 ROM
- TID elbow motion
 - A/AROM elbow flexion
 - P/AAROM gravity assisted elbow extension with the forearm in pronation
 - Pronation / Supination with the elbow flexed to 90°
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- Precautions
 - Avoid varus force at the elbow
 - Keep elbow tucked at the side of the body for all activities
 - Avoid holding the elbow out and away from the body (active abduction or FF at the shoulder)
 - No lifting > coffee cup, No pushing against resistance

Phase 2: Week 6-12 weeks

- Discontinue sling altogether
- Advance aggression on TID elbow wrist finger A/AA/PROM
 - Static progressive splinting OK if needed
- Add 4 quadrant shoulder A/AA/PROM as needed
- Continue above precautions

Phase 3: Week 12-16 weeks

- Activities as tolerated (if ROM adequate and healed)
 - Independent home exercise program
 - Return to sport
 - Work hardening

More info: twincitiesshoulderandelbow.com/olecranon-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html