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