

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Terrible Triad Fracture Dislocation – ORIF

Three times per day home exercise program:

Goal: obtain full motion while protecting the lateral elbow ligament while it heals

Phase 1: Week 0-6

- Sling x 6 weeks except for hygiene and TID elbow wrist and finger ROM
 - Post-operative splint with forearm in supination x 1-2 weeks
 - Followed by OT custom night splint (90° flexion, 60° supination)
- Edema control:
 - OT or clinic provided compressive stocking
 - Elevate above heart on pillows while supine
- TID finger, wrist ROM
- TID elbow A/AA/gentle PROM with the elbow tucked at the side:
 - Flexion
 - 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

Phase 2: Week 6-12 weeks

- Wean from sling and night splint
- Add 4 quadrant shoulder A/AA/PROM as needed
- Advance aggression on TID elbow wrist finger A/AA/PROM
 - Static progressive splinting OK if 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/terrible-triad-injuries-shoulder-elbow-specialist-minneapolis-saint-paul.html

twincitiesshoulderandelbow.com/patient-education-documents-shoulder-elbow-specialist-minneapolis-saint-paul.html