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REHAB PROTOCOL: Terrible Triad Repair (Radial Head Replacement, Coronoid ORIF, Lateral Ligament Repair)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase) Week 1-2:

- Elbow is immobilized in a posterior plaster splint (elbow in flexion and wrist in neutral/supination and included in splint)
- Dressing change: 7-10 days after surgery

Phase 2: Week 3-6:

Precautions

- NO VARUS STRESS ON THE ELBOW (No abduction of shoulder, No combined abduction and external rotation of shoulder, No reaching out)
- Elbow ROM in supine lying down position in the plane of body, shoulder forward flexed to 90 degrees
- Hinged elbow brace at all times except for therapy and hygiene

Exercises

- Transition to hinged elbow brace (locked in 30-100 in first 3 weeks and 15-110 in 4-6 weeks)
- Therapist supervised AROM/AAROM, elbow/wrist flexion exercises starting at 3 weeks
- Full supination/pronation allowed in >90 degs of flexion. Hand should be in pronation when flexion < 90 degs
- Scapular and shoulder isometric strengthening exercises with arm at side

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Phase III (Active range of motion): weeks 7-12

- Wean the use of the Bledsoe Brace (between 6-8 weeks)
- Elbow, forearm and wrist active assisted and active ROM (in sitting position is OK)
- Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks
- End range stretching to start at 10 weeks

Phase IV: (Advanced strengthening) 3 months and beyond:

- Shoulder abduction allowed
- Progressive shoulder and elbow strengthening

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____