



QR code for mobile view

- Inclusion criteria:**
- Otherwise healthy children  $\geq 8$  years of age
- Exclusion criteria:**
- Child with:
    - Medial epicondyle fracture with distal humerus fracture
    - Comorbidities, social or behavioral concerns for which atypical therapy plan is anticipated

**Intraoperative Care:**

- Immobilization**
- Immobilize at 90 degrees elbow flexion
  - Up to 2 weeks of immobilization in posterior splint, cast, or hinged-elbow brace

**Postoperative Care: Discharge Education/Follow-Up/Therapy Plan**

- Discharge Education**
- Immobilization must remain in place until first follow-up
  - Keep cast or splint clean and dry until seen for follow-up
  - Take pain medication only as directed
  - Provide HEP handout to family

- Home Exercise Plan (HEP)**
- Begin the following exercises on day 1 after surgery, 2-3 times per day:
    - Open and close hand: 2 sets x 20 reps
    - Fingertip touches (working thumb to all fingers): 2 sets x 20 reps each
    - Shoulder blade squeeze: 2 sets x 20 reps holding 5 seconds each rep
  - Focus on healthy posture (sitting or standing up straight, shoulders back, feet flat on the floor)

- Postoperative Follow-up**
- Schedule initial follow up appointments (*note both appointments should be scheduled at the same time to avoid delay in starting therapy*):
    - Ortho Clinic visit for 2 weeks post-op
    - PT & OT visit for 14-21 days post-op (immediately after ortho clinic visit)
    - If the surgeon elects to utilize a hinged elbow brace, provide hinged elbow brace upon discharge if available. Otherwise, order from hanger to be available at post-op therapy visit.
  - Guidance for scheduling therapy visits:
    - **Sports Physical Therapy or Occupational Therapy**
      - Consider referral to sports physical therapy for patients > 10 years of age who are involved in upper extremity dominant sports

- Postoperative Therapy Progression**
- **Weeks 0 - 2, immobilization:**
    - Goal is to transition to hinged elbow brace or out of immobilization altogether by 2 weeks post-op
  - **Weeks 2 - 6, brace settings\*:**
    - Open hinged elbow brace at discretion of therapist
    - Hinged elbow brace X 6 weeks
- \* If patient is not meeting range of motion (ROM) targets, notify surgeon*
- General Expectations**
- Therapy frequency and duration of care is typically 1-2 times/week for 8-12 weeks based on patient goals, progress, and clinician judgment
  - Return to activity varies based on therapy progression
  - Goal is full active ROM at 6 weeks