



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Distal Humerus Fracture

Code: s42.4

Procedure: ORIF distal humerus

with / without Olecranon Osteotomy

Surgery Date:

Instructions: Pt to eval and treat bilateral elbows, begin PT after _____

Range of motion:

Splint immobilization until 1-2 weeks post-operatively.

Begin AROM/AAROM of the elbow.

Immediate range of motion of the shoulder, wrist, hand.

Pronation and supination exercises at 90 degrees of elbow flexion for the first 6 weeks after surgery.

Goal is to achieve full flexion extension pronation and supination by 6 weeks from date of surgery.

Progressive the passive range of motion at 6 weeks of motion deficits remain. Incorporate static progressive splinting at 6 weeks of motion deficits remain.

Avoid resisted elbow extension x 6 weeks post op to protect olecranon osteotomy if this was done. See above.

Strengthening: Begin forearm and arm strengthening at 6 weeks. Strengthening as tolerated. Provide with home exercise program. Encourage range of motion exercises to be done >5 times a day.

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

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