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## **Distal Humerus Fracture Open Reduction Internal Fixation**

**4-5 days:** The postoperative dressing is removed. Stockinette to forearm/arm for swelling.

**Splint:** A posterior long arm splint with elbow in 90 degrees flexion, forearm and wrist neutral is fabricated

### **EARLY MOTION PROTOCOL:**

**Motion:** Active and active-assisted elbow extension and forearm pronation/supination is begun with the patient upright with the arm adducted by the side at all times out of the brace. Elbow flexion is performed gravity-assisted in the supine position with the shoulder forward-flexed 90 degrees. If the therapist believes AROM is progressing slower than planned and wishes to proceed early with PROM, please contact physician. PROM usually not begun until 6 weeks.

### **STANDARD PROTOCOL:**

Patients are maintained in the posterior mold splint for 3 weeks full time with no ROM, and then the motion protocol described above is begun.

### **6 weeks:**

**Splint:** Splint is weaned over 2 weeks.

**Motion:** Continue as above, but may now add passive motion and static progressive extension splinting as needed

### **8-10 weeks:**

Add gentle progressive strengthening of elbow and forearm.

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks.