

# Alexander Martusiewicz, MD

Shoulder and Elbow Specialist

[www.DetroitShoulderSurgeon.com](http://www.DetroitShoulderSurgeon.com)

Phone: 313-887-6000

Fax: 313-887-6005

## Rehabilitation Protocol

### Distal Humerus ORIF

#### SLING FOR 2 WEEKS

##### Week 1:

- Splint
- Unrestricted wrist, hand motion
- No PT first week

##### Weeks 2-6 :

- Passive and Active Assisted elbow flexion/extension—as tolerated
- Passive and Active Assisted supination/pronation—as tolerated
- Passive, Active shoulder ROM ok

##### Week 6-12:

- Active elbow flexion/extension--full
- Active supination/pronation--full
- Begin strengthening

#### RETURN TO ACTIVITIES

Computer	as tolerated
Driving	When no longer taking narcotics
Golf	3 months
Tennis	3 months
Weight training	3 months
Contact Sports	6 months