



**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. 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 3 times a day.

**Modalities:** Heat before and ice after therapy. Massage prn

**Frequency:** 2-3 times/week

**Duration:** 6 weeks

**Signature:**

**Date:**