

## Medial Elbow Debridement

Dr. Lauer

*\*MD follow up at 2 weeks and 6 weeks*

Time Frame	Treatment	Goals
Phase I Same day Clinic	<ul style="list-style-type: none"> <li>Evaluate and Treat.</li> <li>Dressing change and check for signs/symptoms of infection.</li> <li>Issue a prefabricated wrist cock up brace (L3908) if MD orders</li> <li>Instruct edema management technique.</li> <li>Instruct in scar management techniques (to begin once incision is healed).</li> <li>Issue scar pad (to be worn once incision is healed).</li> <li>Issue finger tendon glides but hold off on median nerve glides until 4 weeks post-op.</li> <li>Gentle AROM of wrist and fingers and forearm</li> <li>Nerve glides as needed</li> </ul>	<ul style="list-style-type: none"> <li>Edema control</li> <li>Incision care</li> <li>Pain management</li> <li>Scar management</li> </ul>
Phase II 4 Weeks	<ul style="list-style-type: none"> <li>Review edema management techniques.</li> <li>May use modalities as indicated. <ul style="list-style-type: none"> <li>Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> <li>Begin myofascial techniques as indicated.</li> </ul>	<ul style="list-style-type: none"> <li>ROM</li> <li>Continued edema control and pain and scar management</li> </ul>
Phase III 6-8 Weeks <u>Depending on pain level</u>	<ul style="list-style-type: none"> <li>Instruct client in light strengthening exercises beginning with wrist flexors, FCU, FCR, and forearm pronation.</li> <li>Progress with strengthening exercises for grip. Hold off with strengthening exercises or progress slowly if client is still experiencing pain symptoms.</li> <li>Begin eccentric muscle exercises if no pain.</li> </ul>	<ul style="list-style-type: none"> <li>PREs</li> </ul>