

## Medial Elbow Debridement

**Dr. Staiger**

\*Schedule OT same day as doctor unless with CTR then 1-3 days post-op.

\*\*Restriction: No lifting greater than 15 pounds for 8 weeks and limit firm/heavy grasping.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3 <u>Only if with Carpal Tunnel Release</u>	<ul style="list-style-type: none"> <li>● Evaluate and Treat.</li> <li>● Dressing change and check for signs/symptoms of infection.</li> <li>● Fabricate long arm orthosis with wrist included.               <ul style="list-style-type: none"> <li>○ Wear orthosis at all times other than showering.</li> <li>○ Tell client that in 4 weeks he/she may remove orthosis for exercises.</li> </ul> </li> <li>● Instruct edema management technique.</li> <li>● Issue finger tendon glides but hold off on median nerve glides until 4 weeks post-op.</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 I Day 10-14	<ul style="list-style-type: none"> <li>● Complete above listed items, if this is the first post-op visit.</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> </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>● Instruct gentle active range of motion digits, wrist, forearm, and elbow.</li> <li>● Issue tennis elbow strap.               <ul style="list-style-type: none"> <li>○ Wear tennis elbow strap while completing active range of motion exercises or when not wearing the long arm orthosis.</li> </ul> </li> <li>● May begin weaning out of long arm orthosis during the day, wearing the forearm strap instead.               <ul style="list-style-type: none"> <li>○ Wear orthosis at night.</li> </ul> </li> <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>