

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_ Elbow Terrible Triad (Radial Head/Coronoid fx, LUCL Sprain) Code: \_\_S53.106\_\_\_\_\_  
Procedure: \_\_\_\_\_ ORIF Radial Head/Coronoid, LUCL Repair \_\_\_\_\_ Surgery Date: \_\_\_\_\_

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**In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.**

*Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.*

**Phase I: Early ROM & Protect Repair (0 to 6 weeks after surgery)**

- Splint and postop dressing remains in place for the first week
- Sutures are all underneath the skin and will dissolve on their own
- Initiate exercise program 5 times per day (after splint removed):
  - Passive and active elbow ROM to full flexion
  - Elbow extension with forearm pronated
    - to 30 degrees from 1-2 weeks
    - to 15 degrees from 2-4 weeks
    - full extension to 0 degrees after 4 weeks
  - Forearm pronation/supination with elbow at 90 degrees flexion
- Grip and wrist/hand AROM immediately.
- AVOID terminal 30 degrees extension, perform supination ROM only with elbow flexed to 90 degrees
- Elbow brace at all times except with PT and showering. Brace locked at 90 degrees

**Phase II: Full ROM and Function (>6 weeks after surgery)**

- Discontinue brace
- May add static progressive brace/splint if needed for end ROM
- Advance ROM
  - Full elbow and forearm ROM
  - Terminal elbow extension performed with the forearm neutral or pronated until 3 months
- Initiate elbow and forearm strengthening (light, isometrics until 12 weeks)
- AVOID activities creating axial load to involved extremity until 3 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature \_\_\_\_\_