



## Complex elbow ORIF (distal humerus)

### Procedure Summary

This includes fractures of the distal humerus (supracondylar fracture), which are conventionally fixed with 2 plates (one on the medial side and one on the lateral side) and multiple screws. The incision will be at the back of the elbow and may involve splitting of the triceps tendon.



### Sling/splint

- 6/52

### Rehabilitation

#### 0-6 weeks

- Gentle Active ROM (flexion, supination, pronation) as pain allows.
- No splint
- Sling as per comfort only
- Active passive wrist flexion/extension.
- Encourage hand/finger movement.

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## **6-12 weeks**

- Strengthening:
  - Forearm strengthening at 6 weeks
  - Elbow strengthening at 8 weeks

## **12 weeks onwards**

- Gradually return to heavy activity and exercise.
- No further activity restriction after 12 weeks.
- No further therapy is necessary unless specifically required.

## **Driving**

- Usually possible post op at 2 months +
- This is dependant on patient function and safety and any specific post op instructions.
- Patients should always check with the DVLA and insurance company.