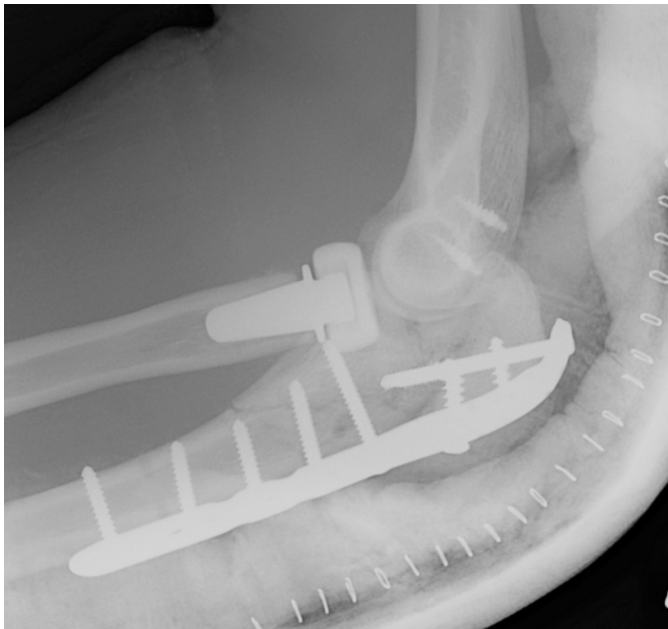




Other Complex Elbow Trauma (Elbow Collateral Ligament Repair/Reconstruction, Coronoid ORIF, Radial Head ORIF or Terrible Triad Fracture Dislocation)

Procedure Summary

This includes collateral ligament repair/reconstruction, coronoid process ORIF, radial head ORIF/replacement or a terrible triad injury (elbow dislocation, coronoid process fracture and radial head fracture). Such procedures require a 6-week course (if tolerated) of oral indomethacin (75mg once daily) to reduce the risk of heterotrophic ossification.



Sling/splint



Rehabilitation

1-2 weeks

- *Week 1:*
 - Full active flexion (unless indicated otherwise on operation note).
 - No shoulder external rotation until week 6 as this may damage the repair/reconstruction.
 - Isometric biceps exercises.
- *Week 2:*
 - Initiate wrist and elbow isometrics.

3-6 weeks

- Exercises:
 - Continue wrist and elbow active ROM.
 - Progress shoulder isometrics to isotonic exercises.
 - Avoid using affected arm to lift the body off the chair

6-8 weeks

- Resume shoulder external rotation.

8-12 weeks: Advanced strengthening

- Eccentric elbow exercises.
- Continue shoulder and wrist exercises.
- *Week 12* – can commence light sporting activity such as swimming and golf.



12-24 weeks: Return to activities

- Continue to increase strength and power.
- Gradual return to sport.

6 months onwards

- Return to full sporting activities.

Driving

- As with all shoulder/elbow surgery, patients should inform their insurance company regarding the injury and subsequent surgery.
- As a general rule, patients should be able to carry out an emergency stop (this should not be a problem in this case) and maintain safe control of the steering wheel should they need to avoid a pedestrian or other obstacle in the road.