

Patient: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure: Right/Left Terrible Triad Reconstruction**

**Week 1:** No formal PT. Splint and sling for 1 week to be removed either in PT or with MD guidance.

**AVOID ANY VALGUS UNTIL 3 MONTHS POST-OP**

**Phase I (1-6 wks): *Period of protection***

**Weight bearing:** <2 lb weight limit, ok for ADL use below this limit.

**Brace:** Hinged brace unlocked at all times except hygiene.

**Ice:** Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

**ROM:** PROM→AAROM→AROM, goal of full by 6 weeks. Avoid valgus.

**Exercises:** Gentle hand, wrist, and shoulder stretching, isometric strengthening of upper extremity. **AVOID WRIST EXTENSION**

**Phase II (7-12 wks): *Advancing activities***

**Weight bearing:** Progress slowly to full over 6 weeks. Avoid impact activities

**Brace:** Discontinued

**ROM:** Full, no limitation. Add in gentle end range stretching if motion not obtained.

**Exercises:** Advance strengthening exercises in phase I to resistive, maintain flexibility/ ROM, begin gentle active wrist extension exercises. Avoid valgus until 3 months postop.

**Phase III (12-16 wks): *Begin more aggressive strengthening***

**Weight bearing:** Full

**Brace:** None

**ROM:** Full

**Exercises:** Grip strengthening, cuff and periscapular strengthening. Advance slowly to full, ok for activity specific training starting at 12-16 weeks if progressing well.

Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.**

\_\_\_\_\_

Date: \_\_\_\_\_

**Dax Varkey MD, MPH**