

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. (*MD lock brace terminal 20-40 degrees of extension for first 3 weeks in extremely unstable fractures*)

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