

Radial Head/Neck Fracture Rehab Protocol – Operative (ORIF)

Office visits:

- 2w, 6w, 12w (final visit if healed and pain-free)

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Splint	• Splinted in position of stability
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• Ok for hand, wrist motion
Exercises	• Elbow Phase I Home Exercise Program
Misc	• Ice 3-4x/day with ice packs on towel over elbow • Edema control with elevation, ice, and ball squeezes

Weeks 2-6:

Sling/splint	• None
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ◦ May begin using arm for daily activities in front of body (i.e. computer/desk work)
Range of Motion	• Begin elbow passive and active ROM to tolerance
Exercises	• Work on elbow motion exercises 5x/day
Misc	• Edema control with elevation, ice, and ball squeezes

Weeks 6-12:

Sling/splint	• None
Weight Restrictions	• < 10 lb
Range of Motion	• Continue to progress motion to full
Exercises	• Work on elbow motion exercises 5x/day

Months 3+:

Sling/splint	• None
Weight Restrictions	• Progressive strengthening without limits • May return to light activity and exercise, progress from there
Range of Motion	• Full elbow motion