

Radial Head/Neck Fracture Rehab Protocol - Nonoperative

Office visits:

- 1w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 1-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 0-1:

Sling	• Sling for comfort – may remove when ready
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• Ok for hand, wrist, elbow motion as tolerated
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 1-6:

Sling	• 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 formal elbow motion exercises without restriction ○ Supination/pronation: full and active ○ Flexion/extension: full and active
Exercises	• Work on elbow motion exercises 5x/day
Misc	• Edema control with elevation, ice, and ball squeezes

Weeks 6-12:

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