

Radial Head Fracture ORIF or Replacement

Dr. Hiesterman

Time Frame	Treatment	Goals
Post-Op Day	OT scheduled 2-5 days post-op	
Phase I (2 weeks post-op)	<ul style="list-style-type: none"> Evaluate and Treat. Only if instructed by MD: Fit the patient with a hinged elbow brace allowing full motion and educate in wear scheduled for the brace. Instruct in edema management techniques, Educate in AROM shoulder, elbow forearm, wrist, and hand exercises. May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) 	<ul style="list-style-type: none"> Prevent shoulder, wrist and hand stiffness
Phase II (4.5 weeks post-op)	<ul style="list-style-type: none"> Ultrasound (4 weeks post-op) as indicated Begin gentle AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension. Instruct in scar management techniques including scar pad and scar massage (to begin once incision is healed). 	<ul style="list-style-type: none"> Progress to full pain free ROM
Phase III (6 weeks post-op)	<ul style="list-style-type: none"> Initiate progressive strengthening for shoulder, elbow, forearm, wrist, and hand. 	<ul style="list-style-type: none"> Full forearm rotation by the end of 8th week