

**Olecranon/Radial Head Fracture
(Conservative)
Dr. Staiger**

Time Frame	Treatment	Goals
Phase I Initial Visit	<ul style="list-style-type: none"> • Evaluate and Treat • Hinged elbow brace allowing motion from 30° extension lag to full flexion. Instruct in edema management techniques. • Educate in gentle AROM for elbow, forearm, wrist, and hand. <ul style="list-style-type: none"> ○ PROM may be completed to the hand and wrist if needed. • Instruct that home exercises should be completed in the elbow brace. • Continue seeing client for ROM as indicated by eval. • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<ul style="list-style-type: none"> • Pain management • Edema control • ROM
Phase II 6 Weeks	<ul style="list-style-type: none"> • Unrestricted AROM is completed to elbow and forearm. 	<ul style="list-style-type: none"> • Functional ROM
Phase III 7 Weeks	<ul style="list-style-type: none"> • Begin AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension. • Dynamic flexion orthosis may be issued if needed. • Initiate progressive upper extremity strengthening. 	<ul style="list-style-type: none"> • Continued progressing towards functional ROM • PREs
Phase IV 8 Weeks+	<ul style="list-style-type: none"> • Instruct in PROM elbow and forearm exercises provided fracture is healing well. • Weight bearing may begin depending on doctor's instructions. 	<ul style="list-style-type: none"> • Continued progression to functional ROM and PREs