

## Radial Head Fracture ORIF or Replacement

Dr. Kuhl

**\*Schedule OT 2-5 days post-op.**

Time Frame	Treatment	Goals
Phase I 2 weeks post-op	<ul style="list-style-type: none"> <li>Evaluate and Treat</li> <li>Fit client with a hinged elbow brace allowing for full motion and educate in wear/care of brace schedule</li> <li>Instruct in edema management techniques. (fit with edema glove if needed and/or surgi-tube sleeves)</li> <li>Educate in AROM exercises for elbow, forearm, wrist and hand.</li> <li>May use modalities as indicated (ultrasound not typically done until 4 weeks post-op). Fluidotherapy is sometimes used if edema is down.</li> </ul>	<ul style="list-style-type: none"> <li>Set up HEP</li> <li>ROM</li> <li>Edema control</li> <li>Brace use</li> </ul>
Phase II 4.5 weeks post-op	<ul style="list-style-type: none"> <li>Begin gentle AROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension.</li> <li>May begin using ultrasound, phonophoresis, or iontophoresis. (Usually .5wcm/2 and 20% duty cycle over any hardware).</li> <li>Instruct in scar management techniques (to begin once incision is healed).</li> <li>Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>AAROM</li> <li>Place and holds</li> <li>HEP addendums</li> <li>Scar management</li> </ul>
Phase III 6 weeks (+) post-op	<ul style="list-style-type: none"> <li>Initiate progressive strengthening for the elbow, forearm, wrist and hand. (May start eccentrically).</li> </ul>	<ul style="list-style-type: none"> <li>Independence with BADL's and IADL's.</li> </ul>