

**Radial Head Fracture ORIF or Replacement
Dr. Widstrom**

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. • Fit the patient with a hinged elbow brace allowing full motion and educate in wear schedule for the brace. • Instruct in edema management techniques, • Educate in AROM 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"> • PRE