

ORIF Radial Head Fracture

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

5 Days Post Op

Long arm splint—elbow in 90 degrees flexion and forearm neutral. If DRUJ is involved, forearm is in supination.

AROM exercises—6 times per day

Elbow flexion and extension

Supination and pronation—if approved by physician (active only at outset)

Wrist flexion and extension

Wrist radial and ulnar deviation—if DRUJ is not involved

NO valgus or varus stress to elbow

NO PROM

10-14 Days Post Op

Sutures removal

Initiate gravity extension stretch—per physician

3-4 Weeks Post Op

Decrease splint use—per physician

Continue AROM/AAROM

4-6 Weeks Post Op

Discharge splint—per physician

Initiate gentle PROM—per physician

Elbow flexion and extension

Forearm supination and pronation

Initiate light activities

6-8 Weeks Post Op

Initiate light grip/pinch strengthening

10 Weeks Post Op

Light PRE for wrist, forearm and elbow with a gradual progression

12 Weeks Post Op

Initiate heavy resistance—BTE

Full use of the arm—no restrictions