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Dr. Chad Myeroff's Rehabilitation Protocol

Radial Head Fracture – Operative (ORIF / Arthroplasty)

Three times per day home exercise program:

Goal: obtain full motion while protecting the bones and ligaments while they heal

Phase 1: Week 0-6

- Sling x 6 weeks except for hygiene and TID therapy
 - Post-operative splint with forearm in 60°supination x 0-2 weeks
 - Followed by OT custom night splint only (90°flexion, 60° supination)
- Edema control:
 - OT or clinic provided compressive stocking
 - Elevate above heart on pillows while supine
- TID finger, wrist ROM
- TID elbow A/AA/gentle PROM with the elbow tucked at the side:
 - Flexion
 - Extension (with the forearm in pronation)
 - Pronation / Supination with the elbow flexed to 90°
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- LUCL Protection Precautions
 - Avoid varus force at the elbow
 - Keep elbow tucked at the side of the body for all activities
 - Avoid holding the elbow out and away from the body (active abduction or FF at the shoulder)
 - Avoid supination while elbow is in extension
 - No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Wean from sling and night splint
- Add 4 quadrant shoulder A/AA/PROM as needed
- Advance aggression on TID elbow wrist finger A/AA/PROM (focusing on supination at 90°)
 - Static progressive splinting OK if needed
- Continue above precautions

Phase 3: Week 12-16 weeks

- Add generalized strengthening. Activities as tolerated (if ROM adequate and healed)
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

[More info: twincitiesshoulderandelbow.com/radialhead/](http://twincitiesshoulderandelbow.com/radialhead/)

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