

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Radial Head Fracture – Non-operative

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 for 0-2 weeks
 - *No splint recommended
 - OK to use sling up to 6 weeks sparingly at work or in dangerous situations only
- Edema control:
 - OT or clinic provided compressive stocking
 - Elevate above heart on pillows while supine
- TID finger, wrist, forearm elbow A/AA/PROM with the elbow tucked at the side:
 - Elbow Flexion
 - Extension (with the forearm in pronation)
 - Pronation / Supination with the elbow flexed to 90°
- Rhomboid, periscapular, biceps/triceps isometrics, posture exercises, pendulum hangs
- No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Wean from sling entirely
- Add 4 quadrant shoulder A/AA/PROM as needed
- Static progressive splinting OK if needed once fracture healed

Phase 3: Week 12-16 weeks

- 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/](https://twincitiesshoulderandelbow.com/radialhead/)



twincitiesshoulderandelbow.com/patienteducationdocuments/