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**PHYSICAL THERAPY PROTOCOL
RADIAL HEAD FRACTURE**

Procedure	Date of Surgery/Injury: _____ R L B/L ☐ Radial Head Replacement ☐ Radial Head Repair ☐ Radial Head Excision ☐ Closed Treatment of Radial Head Fracture
Plan	Physical Therapy for R L B/L Elbow 2-3x Per Week x 8 Weeks
General Guidelines	Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness. Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed
Phase I (Weeks 0-2)	▪ Elbow active ROM and active-assisted ROM for flexion and extension. ○ Goal is 15° to 105° of motion by 14 days. ○ Avoid flexion in pronation and any valgus loads on the elbow. ○ ROM should be performed with the arm adducted close to the body. ▪ Consider extension splinting per surgeon's instruction. ▪ Putty/grip exercises. ▪ Isometric strengthening exercises for the elbow and wrist.
Phase II (End of Week 2 - 6)	▪ Continue elbow active and active assisted ROM exercises. ▪ Full flexion and extension ROM should be achieved by the end of 6 weeks. ▪ Begin active and active assisted supination and pronation. ▪ Begin light isotonic strengthening of flexion and extension. ▪ Maintain shoulder, wrist, hand strength and ROM.
Phase III (Weeks 7-12)	▪ Emphasize return to function/sport ▪ Continue active and active assisted supination and pronation. ▪ Full pronation and supination should be achieved by the end of 8th week. ▪ Progressively increase isotonic strengthening in flexion/extension and pronation/supination. ▪ Work on any deficits.