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**PHYSICAL THERAPY PROTOCOL
 RADIAL HEAD FRACTURE**

<p>Procedure</p>	<p>Date of Surgery/Injury: _____ R L B/L <input type="checkbox"/> Radial Head Replacement <input type="checkbox"/> Radial Head Repair <input type="checkbox"/> Radial Head Excision <input type="checkbox"/> Closed Treatment of Radial Head Fracture</p> <p>Additional Procedures: _____</p>
<p>Plan</p>	<p>Physical Therapy for R L B/L Elbow 2-3x Per Week x 8 Weeks</p>
<p>General Guidelines</p>	<p>Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.</p> <p>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. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines.</p> <p>Follow physician's modifications as prescribed</p>
<p>Phase I (Weeks 0-2)</p>	<ul style="list-style-type: none"> ▪ Elbow active ROM and active-assisted ROM for flexion and extension. <ul style="list-style-type: none"> ○ 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 surgeons instruction. ▪ Putty/grip exercises. ▪ Isometric strengthening exercises for the elbow and wrist.
<p>Phase II (Weeks 2-6)</p>	<ul style="list-style-type: none"> ▪ 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.
<p>Phase III (Weeks 7-12)</p>	<ul style="list-style-type: none"> ▪ Emphasize return to function/sport

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- 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.