



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Radial Head Fracture Non-op**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: 0-7 days**

1. Immobilization x1 week
2. Non-weight bearing-injured extremity
3. Patient encouraged to move fingers through full range of motion

**Precautions:**

No lifting or pushing activities with the arm

**Phase II: 2-5 weeks**

1. Remove posterior splint and wean out of sling
2. Continue non-weight bearing activities: May type and write. No lifting, pushing, or pulling,
3. Elbow and Wrist-
  - a. Start gentle AROM, AAROM of elbow in flexion, and extension.
  - b. Introduce elbow supination and pronation during later half of this phase.
  - c. No passive stretching
4. Shoulder, Scapula and fingers: Active range of motion
5. Edema control
6. Modalities prn
7. Home exercise program

**Precautions:**

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

No lifting heavy weight or pushing activities with the arm

**Phase III: 6-12 weeks**

1. Aim for achieving maximum range of motion of joint above and below –elbow flexion and extension, wrist flexion and extension, forearm supination and pronation. End range passive stretching allowed
2. Allow light weight bearing activities at 6 weeks, no heavy lifting, pushing or pulling
3. Home exercise program

**Phase IV: 3 months and beyond**

1. Allow unrestricted activity with the upper extremity
2. Gradually introduce heavy lifting
3. Avoid contact sports till 6 months

**Modalities**

Heat and Ice

Ultrasound

Therapists' discretion

TENS

**Evaluation and others**

Teach home exercise program

**Comments:**

Frequency:   2   times per week

Duration:  12  weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_