



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Radial Head Replacement and LUCL Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase)

Precautions

- 1. NO VARUS STRESS ON THE ELBOW till 8 weeks (No abduction of shoulder, No combined abduction and external rotation of shoulder, No reaching out)**
- 2. Elbow ROM to be done in supine position (lying on back) with shoulder flexion (60-90) in the plane of body (no shoulder abduction)**

Week 0-2:

Elbow is immobilized in a posterior plaster splint

Week 2-6:

- 1. Transition to hinged elbow brace (locked in 30-100 degree in first 3 weeks and 15-110 degree in 4-6 weeks)**
- 2. Therapist supervised active-assisted elbow flexion and extension exercises with patient lying flat on table (Avoid flexion or extension in 0-30 degrees in first 6 weeks)**
- 3. Avoid supination past 20 degree in first 6 weeks**
- 4. Active wrist and hand ROM followed by active assisted and active starting at 3 weeks**

Phase II (Active range of motion): weeks 6-12

Wean the use of the hinged brace (between 6-8 weeks)

Elbow, forearm and wrist active ROM

Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks

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 13th Street, 6th 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

End range stretching to start at 10 weeks

Phase III: (Advanced strengthening) 3 months and beyond

Shoulder abduction allowed

Progressive shoulder and elbow strengthening

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____