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REHAB PROTOCOL: Radial Head Replacement

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.

Phase (0 to 14 days)

- Elbow 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 hinged elbow brace per surgeon's instruction.
- Putty/grip exercises.
- Isometric strengthening exercises for the elbow and wrist.
- Cryotherapy 3x/day for 10-15min

Phase II (15 days to 6 weeks)

- 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 to tolerance.
- Begin light isotonic strengthening of flexion and extension.
- Maintain shoulder, wrist, hand strength and ROM.
- Scar massage, ultrasound, silicone gel sheet as needed.

Phase III (7-12 weeks)

- Continue active and active assisted supination and pronation.
- Full pronation and supination should be achieved by the end of the 8th week.

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- Progressively increase isotonic strengthening in flexion/extension and pronation/supination.
- Begin strengthening program.
- Work on any deficits.

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____