



Non-Operative Radial Head Fracture- Physical Therapy Prescription

Name: _____

Procedure: R / L Elbow Radial Head Fracture, Non-Operative Management
Frequency: 2-3 times per week for 6 weeks

PHASE I, 0-6 Days: Immobilization

Sling:

- Use for comfort.
- Discontinue as soon as tolerated.

Range of Motion:

- Limited motion for comfort, AROM of hand/wrist immediately

Strength:

- None

Modalities:

- E-stim, TENS, Ice 20 minute sessions

PHASE II, 1-2 Weeks: Early ROM

Sling:

- Remove when tolerated

Range of Motion:

- PROM as tolerated –
 - Flexion/extension, pronation/supination

Goal:

- End of week 2, 15-115 degrees

Strength:

- Continued gentle hand grip.
- Include isometric strengthening exercises at elbow and wrist



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PHASE III, 3-6 Weeks: Increase ROM

Range of Motion:

- Continue elbow AROM and AAROM exercises

Goal:

- End of week 6, full flexion/extension

Strength:

- Begin light isometric strengthening in flexion/extension

Note:

- Maintain shoulder and wrist strength and ROM

PHASE IV, 7+ Weeks: Full ROM and Increase Function

Range of Motion:

- Obtain full pronation/supination

Goal:

- End of week 8, full ROM in all planes

Strength:

- Advance isometric strengthening in flexion/extension.
- Include pronation/supinations
- Isolate and improve deficits