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Non-Operative Radial Head Fracture- Physical Therapy Prescription

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

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