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Hip, Knee, Shoulder & Sports Medicine Surgery

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**RADIAL HEAD ORIF REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2 Goals: Protect the repair	-Posterior Arm Splint x2 weeks -Begin PT at 2 weeks -NO lifting more than 3lbs	-Unrestricted hand, and finger range of motion. -Shoulder range of motion, avoid external rotation -Neck range of motion and stretching
Phase 2: Weeks 2-6 Goals: Protect the repair, range of motion, retard muscle atrophy, minimize pain	-Transition to hinged elbow brace or removable splint and to be worn until 6 weeks s/p -Brace to be always worn except hygiene and PT -Brace set 30-90 degrees -No lifting more than 3lbs until 6 weeks s/p	-Passive, active, and active assisted range of motion 30-90 degrees until 4 weeks s/p, then increase range of motion by 15 degree per week until full range of motion of elbow is achieved -Unrestricted wrist, hand, and finger range of motion -Scar mobilization -Elbow extension isometrics at week 2 -Initiate light scapular strengthening at week 3 -Initiate shoulder rehab at week 3: tubing IR/ER, full can, lateral raises -Light resistance exercises at week 4: wrist curls, extensions, pronation, supination, elbow extensions -Progress shoulder program at week 4: emphasize rotator cuff and scapular strengthening, light dumbbells, throwers ten if applicable -Modalities PRN

<p>Phase 3: Weeks 6-12</p> <p>Goals: Full range of motion, minimal pain, begin muscular activation and strengthening, protect the repair</p>	<ul style="list-style-type: none"> -Discontinue orthosis -Full range of motion -No lifting objects greater than 10lbs 	<ul style="list-style-type: none"> -Full passive, active, and active assisted range of motion without resistance -Progress scapular strengthening exercises -Initiate PNF patterns at week 7 -Begin UBE biking with resistance -Progress strengthening at week 8: eccentric elbow flexion/extension, isotonic forearm and wrist program, manual resistance diagonal patterns, plyometric exercise program (chest pas, side throw close to body) -Neck stretching and strengthening -Core stabilization -Week 10: Increase strengthening exercises, program plyometrics to 2 hand drills away from the body, side to side throws, soccer throws, side throws, increase plyometrics as tolerated
<p>Phase 4: Weeks 12-18</p> <p>Goals: Progression of functional activities, advanced sport, and recreational activity per surgeon</p>	<ul style="list-style-type: none"> -No heavy weightlifting until 16 weeks <p>Criteria for Discharge:</p> <ul style="list-style-type: none"> -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complaints of instability 	<ul style="list-style-type: none"> -Progress strengthening program -Emphasis on elbow and wrist power and flexibility exercises -Maintain full elbow range of motion -Initiate one hand plyometric throwing and one hand wall dribble -Week 14: Begin gradual return to sports with interval throwing program as indicated