

## Radial Head Fracture ORIF or Replacement

**Dr. Staiger**

\*Schedule OT same day as doctor.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Fit the client with a prefabricated hinged elbow brace (L3760) allowing full motion and educate in wear scheduled for the brace.</li> <li>• Instruct in edema management techniques.</li> <li>• Educate in AROM elbow forearm, wrist, and hand exercises.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op).</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II 4.5 Weeks	<ul style="list-style-type: none"> <li>• Begin gentle AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension.</li> <li>• May begin using ultrasound, phonophoresis, or iontophoresis. <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control and pain management</li> <li>• Scar management</li> <li>• Progressing ROM</li> </ul>
Phase III 6 Weeks	<ul style="list-style-type: none"> <li>• Initiate progressive strengthening for the elbow, forearm, wrist, and hand.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>