

## Olecranon/Radial Head Fracture (Conservative)

Dr. Widstrom

Time Frame	Treatment	Goals
Initial Visit	<ul style="list-style-type: none"> <li>• Hinged elbow brace allowing motion from 30° extension lag to full flexion.</li> <li>• Instruct in edema management techniques.</li> <li>• Educate in gentle AROM for elbow, forearm, wrist, and hand. (PROM may be completed to the hand and wrist if needed).</li> <li>• Instruct TEX/HEP should be completed in the elbow brace.               <ul style="list-style-type: none"> <li>○ Continue seeing client for ROM as indicated by eval</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Edema management</li> </ul>
Phase I (6 weeks post-injury)	<ul style="list-style-type: none"> <li>• Unrestricted AROM is completed to elbow and forearm</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>
Phase II (7 weeks post-injury)	<ul style="list-style-type: none"> <li>• Begin AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension.</li> <li>• Dynamic flexion orthosis may be issued if needed.</li> <li>• Initiate progressive upper extremity strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to full ROM</li> </ul>
Phase III (8 weeks post injury)	<ul style="list-style-type: none"> <li>• Instruct in PROM to elbow and forearm exercises provided fracture is healing well</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>