

Radial Head Fracture ORIF or Replacement

Dr. Staiger

*Schedule OT same day as doctor.

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