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**PHYSICAL THERAPY PROTOCOL  
RADIAL HEAD FRACTURE**

<b>Procedure</b>	Date of Surgery/Injury: _____ R L B/L <input type="checkbox"/> Radial Head Replacement <input type="checkbox"/> Radial Head Repair <input type="checkbox"/> Radial Head Excision <input type="checkbox"/> Closed Treatment of Radial Head Fracture
<b>Plan</b>	<b>Physical Therapy for R L B/L Elbow</b> 2-3x Per Week x 8 Weeks
<b>General Guidelines</b>	Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.  Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed
<b>Phase I (Weeks 0-2)</b>	<ul style="list-style-type: none"> <li>▪ Elbow active ROM and active-assisted ROM for flexion and extension. <ul style="list-style-type: none"> <li>○ Goal is 15° to 105° of motion by 14 days.</li> <li>○ Avoid flexion in pronation and any valgus loads on the elbow.</li> <li>○ ROM should be performed with the arm adducted close to the body.</li> </ul> </li> <li>▪ Consider extension splinting per surgeons instruction.</li> <li>▪ Putty/grip exercises.</li> <li>▪ Isometric strengthening exercises for the elbow and wrist.</li> </ul>
<b>Phase II (Weeks 2-6)</b>	<ul style="list-style-type: none"> <li>▪ Continue elbow active and active assisted ROM exercises.</li> <li>▪ Full flexion and extension ROM should be achieved by the end of 6 weeks.</li> <li>▪ Begin active and active assisted supination and pronation.</li> <li>▪ Begin light isotonic strengthening of flexion and extension.</li> <li>▪ Maintain shoulder, wrist, hand strength and ROM.</li> </ul>
<b>Phase III (Weeks 7-12)</b>	<ul style="list-style-type: none"> <li>▪ Emphasize return to function/sport</li> <li>▪ Continue active and active assisted supination and pronation.</li> <li>▪ Full pronation and supination should be achieved by the end of 8<sup>th</sup> week.</li> <li>▪ Progressively increase isotonic strengthening in flexion/extension and pronation/supination.</li> <li>▪ Work on any deficits.</li> </ul>