



## **RADIAL HEAD/NECK ORIF PROTOCOL**

### **PHASE ONE: ACUTE/RECOVERY PHASE: Weeks 1-6**

- \*Activity modification
- \*Education
- \*R.I.C.E
- \*Gentle elbow flexion, extension, supination and pronation in front of body,
- \*No varus force applied to elbow x6wks. Avoid shoulder abduction to avoid varus elbow force.
- \*Pain control mods PRN
- \*Tubigrip sleeve or compression stockinette, swelling modalities PRN
- \*Measure grip strength at beginning and end of therapy if available. Grip strengthening exercises.

### **PHASE TWO: RECUPERATION PHASE: Weeks 6-10**

- \*Continue phase one
- \*Full extension
- \*Begin Flexion and Supination PRE
- \*AAROM and AROM
- \*Wean out of immobilizer, can use arm for ADL's lifting no more than 10 pounds
- \*Gentle joint mobilization
- \*Modalities PRN

### **WEEKS 10-16**

- \*12 weeks Isokinetics
- \*At 12 weeks begin light sport specific activities, i.e golf/tennis swings, gentle throwing
- \*Continue with strengthening, Assess and correct any scapular/shoulder compensation

### **WEEKS 16-20**

- \*Begin more aggressive upper extremity strengthening
- \*More aggressive sport specific strengthening

### **MONTH 6-12**

May return to vigorous labor. May return to some sports (golf, etc), but wait 1 year for competitive sports.

Continue to strengthen for 1 year