

## Rehabilitation Protocol Radial Head ORIF

### **Phase I: Early ROM & Protect Repair** (*0 to 2 weeks*)

- Splint and postop dressing remains in place for the 10-14 days.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Avoid varus/valgus forces across the elbow until 3 months postop.
- Initiate elbow exercise program 5 times per day:
  - Passive and active elbow ROM to as tolerated:
    - Flexion/extension
  - ROM by end of 2<sup>nd</sup> week should be at least 15 to 105 degrees
  - Begin putty/grip exercises
  - Begin isometric strengthening exercises for the elbow and wrist
  - Grip and wrist/hand AROM immediately.

### **Phase II: Increase ROM and function** (*2 to 6 weeks*)

- Continue elbow active and active assisted ROM exercises. Full flexion and extension ROM should be achieved by the end of 6 weeks.
- Begin passive and active supination and pronation as tolerated.
- Begin light isotonic strengthening of flexion and extension
- Assess and maintain shoulder and wrist strength and ROM

### **Phase III: Full ROM and function** (*>6 weeks*)

**Kade McQuivey, MD**

Department of Orthopedics  
Sports Medicine and Shoulder Surgery

Office Phone: 623.876.3870

Fax: 623.337.9279

[www.KadeMcQuiveyMD.com](http://www.KadeMcQuiveyMD.com)



Banner New River Trails  
Sun City West Medical Center  
Thunderbird Medical Center

- Full pronation and supination should be achieved by the end of the 8<sup>th</sup> week.
- Progressively increase isotonic strengthening in flexion/extension and pronation/supination.
- Work on any deficits.