

Physical Therapy Prescription – Non-Operative Radial Head Fracture

Name: _____

Procedure: R / L Elbow Radial Head Fracture, Non-Operative Management
Frequency: 2-3 times per week for 6 weeks

PHASE I (Weeks 0-6 days): Immobilization

- Sling: Use for comfort. Discontinue as soon as tolerated.
- Range of Motion: Limited motion for comfort, AROM of hand/wrist immediately
- Strength: None
- Modalities: E-stim, TENS, Ice 20 minute sessions

Phase II (Weeks 1-2) Early ROM

- Sling: Remove when tolerated.
- Range of Motion: PROM as tolerated – Flexion/extension, pronation/supination
 - Goal: end of week 2, 15-115 degrees
- Strength: Continued gentle hand grip. Include isometric strengthening exercises at elbow and wrist

Phase III (Weeks 3-6) Increase ROM

- Range of motion: Continue elbow AROM and AAROM exercises
 - Goal: end of week 6, Full flexion/extension
- Strength: Begin light isometric strengthening in flexion/extension
- Note: Maintain shoulder and wrist strength and ROM

Phase IV (Weeks 7 plus) Full ROM and increase function

- Range of motion: Obtain full pronation/supination
 - Goal: end of week 8, Full ROM in all planes
- Strength: Advance isometric strengthening in flexion/extension. Include pronation/supination.
- Isolate and improve deficits

Signature: _____

Date: _____