**Radial head Fracture**

Patient and Physiotherapist information

**Procedure details:** Restoring the anatomic position of the radial head or replacing the radial head for restoration of elbow function.

**Goals of treatment:** The aim is restore the elbow and forearm function. The rehabilitation will aim to restore range of motion whilst not stressing the ligaments that may have been compromised during the initial injury.

**Rehabilitation phases:**

This can be used with Dr Drynan’s elbow rehabilitation document and videos, accessed via [www.drdaviddrynan.com.au](http://www.drdaviddrynan.com.au) or Youtube – Dr Drynan Orthopaedics or Link: <https://www.youtube.com/channel/UCbig6cNvW11u42tIYHvGl7w>

**Phase**

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| **Phase** | **Time (days)** | **Restrictions** | **Exercises** |
| 1 | 0-10 | In a cast, bulky bandage or sling for 7-10 days | Hand, wrist and shoulder ROM |
| 2 | 10-28 | No wrist strengtheningNo varus or valgus loading to elbow No lifting more than cup of tea/glass of water | Active and active assisted ROM Full Flexion and extension in pronationFull supination and pronation at 90 deg of flexionUlnar nerve glidesPassive end range of motion exercisesAIM full ROM by week 4-5\*\*OK for office work from week 2 |
| 3 | 28 days-4 months | No chest flies, resisted valgus forces, boxing or heavy weights. | Full ROM, PROM, AROM, AAROMBegin muscle strengtheningWrist strengthening and forearm pronator strengthening.Can start with push-ups at 8 week mark |
| 4 | 4 months  | Slowly return to flies and resisted valgus forcesBoxing and impact from >4 months | Return to sport program |

\*\* Talk to Dr Drynan regarding ligament injuries, associated with your injury that may preclude this form of rehab or have certain restrictions