

## Physical Therapy Prescription – Elbow ORIF of Radial Head

Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure:** R / L Elbow ORIF Radial Head  
**Frequency:** 2-3 times per week for 6 weeks

### PHASE I (Weeks 0-2): Immobilization and Protection

- Splint: Please keep splint and dressings in place until initial post op visit, 9-13 days after surgery.
- Brace: Worn at all time, except hygiene and directed exercises
- Range of Motion: PROM as tolerated in Flexion and Extension ONLY
  - Goal: 15-115 degrees
- Strength: Begin hand/wrist grip. Begin isometric strengthening of elbow and wrist.
- Precaution: Avoid varus/valgus forces across the elbow
- 

### Phase II (Weeks 3-6) Increase ROM and Function

- Brace: Worn during day time only. Remove for exercises and hygiene.
- Range of Motion: AAROM and AROM exercises for flexion and extension. Being A/PROM supination/pronation as tolerated.
  - Goal: Full ROM for flexion/extension by end of phase II
- Strength: Being light isometric strengthening of flexion/extension
- Precaution: Avoid varus/valgus forces across elbow. Maintain shoulder and wrist ROM/strength

### Phase III (Weeks 6 plus) Full ROM and Function

- Brace: Discontinue
- Range of motion: Full ROM by end of week 8.
- Strength: Continued flexion and extension exercises. Progress to isometric strengthening of supination/pronation. Begin light isometric strengthening in flexion/extension
- Precaution: Identify and improve deficits.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_