

## Elbow Radial Head Fracture Non-Operative Protocol

| Phase 1                                  | Initial Injury   |
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| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> <li>• Posterior elbow splint, sling</li> <li>• Finger and wrist ROM</li> <li>• Ice</li> </ul> |

| Phase 2                                  | 1 to 4 weeks   |
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| Appointments                             | <ul style="list-style-type: none"> <li>• Physician visit for imaging</li> <li>• OT for hinged elbow brace and instruction on gentle elbow AROM</li> </ul>  |
| Precautions                              | <ul style="list-style-type: none"> <li>• No lifting</li> <li>• Keep brace on with activity and night</li> </ul>  |
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> <li>• Elbow AROM/AAROM into flexion</li> <li>• Starting at 40 degrees short of full extension, allow patient to advance 10 degrees per week until full pain free elbow extension is obtained</li> <li>• AROM forearm rotation (pronation/supination)</li> <li>• Continue digit ROM</li> <li>• Continue all unaffected joint ROM</li> <li>• Ice as needed</li> </ul> |

| Phase 3                                  | 4 to 6 weeks  |
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| Appointments                             | <ul style="list-style-type: none"> <li>• Physician visit for imaging</li> <li>• See OT for monitoring return of full elbow and forearm AROM</li> </ul>  |
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> <li>• Continue with brace until physician clearance</li> <li>• Continue with elbow AROM/AAROM into flexion/extension and forearm AROM</li> <li>• Begin light grip strengthening</li> </ul> |

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| Phase 4  | 6 to 8 weeks  |
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| Suggested<br>Therapeutic<br>Exercise/Treatment | <ul style="list-style-type: none"> <li>• Discontinue brace between 6-8 weeks (physician-directed)</li> <li>• Continue to restore functional ROM</li> <li>• Begin PROM to elbow and forearm</li> <li>• Cardiovascular exercises as tolerated</li> <li>• Begin upper extremity strengthening to shoulder, elbow, wrist, and hand</li> </ul> |

| Phase 5  | 8 to 10 weeks  |
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| Suggested<br>Therapeutic<br>Exercise/Treatment | <ul style="list-style-type: none"> <li>• Progress upper extremity strengthening</li> <li>• Continue stretching/PROM as needed</li> </ul> |