



**TWIN CITIES ORTHOPEDICS**

*Excellence in Research and Education*

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## **NONSURGICAL RADIAL HEAD FRACTURE**

### **Phase 1-Immediate Motion Phase**

#### **Goals**

- Decrease pain and inflammation.
- Regain full wrist and elbow ROM.
- Retard muscular atrophy.

#### **Week 1**

- Begin elbow active ROM and active-assisted ROM; minimal accepted ROM (15-105 degrees) by 2 weeks.
- Begin putty/gripping exercises.
- Begin isometric strengthening exercises (elbow and wrist)
- Begin isotonic strengthening exercises for wrist.

### **Phase 2 –Intermediate Phase**

#### **Goals**

- Maintain full elbow ROM.
- Progress elbow strengthening exercises.
- Gradually increase functional demands.

#### **Week 3**

- Initiate shoulder strengthening exercises; concentrate on rotator cuff.
- Continue ROM exercises for elbow (full flexion-extension).
- Initiate light-resistance elbow flexion-extension (1 pound).
- Initiate active-assisted ROM and passive ROM supination-pronation to tolerance.

#### **Week 6**

- Continue active-assisted ROM and passive ROM supination-pronation to full range.
- Progress shoulder program.
- Progress elbow strengthening exercises.

### **Phase 3 –Advanced Strengthening Phase**

#### **Goals**

- Maintain full elbow ROM.
- Increase strength, power, endurance.
- Gradually initiate sporting activities.

**Week 7**

- Continue active-assisted ROM and passive ROM to full supination-pronation.
- Initiate eccentric elbow flexion-extension.
- Initiate plyometric exercise program.
- Continue isotonic program for forearm, wrist and shoulder.
- Continue until 12 weeks.

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing nonsurgical treatment of a radial head fracture.

Specific changes in the program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick at **952-456-7111**.