



RADIAL HEAD OPEN REDUCTION INTERNAL FIXATION (ORIF) Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Radial Head ORIF

_____ **Evaluate and Treat**

_____ **Provide patient with home exercise program**

Frequency: _____ x/week x _____ weeks

_____ **Immobilization: (3-5 days post op).**

Goals:

- Control pain and edema.
- Protect fracture site with posterior splint or compression bandage.
- Minimize cardiovascular deconditioning.
- Maintain range in joints around the effected region (shoulder, wrist, and fingers) Prevent contractures.
- Patient can don/doff sling independently with elbow at 90 degrees flexion with forearm in neutral.

Intervention:

- Modalities, such as TENS and ice, for pain control.
- Splint/Sling as direct by MD.
- Monitor use and weight bearing instructions per MD.
- Cardiovascular conditioning.
- Gentle range of motion exercises of the shoulder, wrist, and fingers.
- Passive flexion/extension of the elbow.
- Passive pronation/supination of the elbow.

_____ **Phase I - Maximum protection phase: (7 days - 3 weeks post op).**

Goals:

- Continue to control pain and edema as needed Minimize deconditioning.
- Regain range of motion within pain limits Prevent muscle atrophy

Intervention:

- Active assistive flexion/extension with stick or pulleys.
- Active assistive pronation/supination with stick or pulleys.
- Cardiovascular conditioning.
- Increase mobility to tolerance, prevent stiffness.
- CPM.

_____ **Phase II - Moderate protection phase: Protected PROM (4-6 weeks post op)**

Goals:

- Regain full range of motion.
- Actively work within newly gained range of motion Increase strength.

Intervention:

- Active flexion/extension of the elbow.
- Active pronation/supination of the elbow.
- Active: flexion, extension, pronation, supination with a wand or pulleys.
- Pulleys with eccentric control during flexion/extension.
- Isometrics: flexion, extension, pronation, supination.
- Gentle stretching using inhibition/elongation techniques or joint mobilization to increase range of motion.

_____ **Phase III - Minimum protection phase: (12 weeks post op)**

Goals:

- Increase strength (especially at end ranges).
- Educate patient on proper joint protection and therapeutic exercises.
- Gain adequate strength in the forearm flexors and extensors to increase stability at the elbow.
- Strengthen the elbow flexors and extensors to gain full range of motion.
- Increase speed and control of limb movement.

Intervention:

- Resistive exercises: standing with weights, theraband resisted (flexion, extension, pronation, supination) exercises.
- Self-stretching: flexion/extension, pronation/supination, shoulder flexion/extension, and wrist flexion/extension, ulnar deviation / radial deviation.
- Advance elbow extension with radial deviation and elbow flexion with ulnar deviation.
- Higher speed and high intensity isotonic flexion/extension, pronation/supination while standing or performing ADLs.
- Incorporate open and closed-chain exercises.

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____

Date: _____