

RADIAL HEAD REPLACEMENT Physical Therapy Protocol

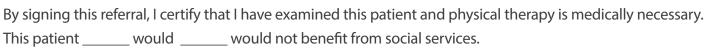
Patient Name:	Date of Surgery:
	<i>5 ,</i> —
Procedure: Right / Left Radial Head Replacement	
Evaluate and Treat	
Provide patient with home exercise program	
Frequency: x/week x weeks	
Phase I - Immediate Post Operative Phase: (Week 0-1).	
Goals:	
 Allow soft tissue healing. 	
 Decrease pain and inflammation. 	
 Retard muscular atrophy. 	
Week 1:	
 Posterior splint at 90∞ elbow flexion with wrist free for more 	tion (sling for comfort).
 Elbow compression dressing. 	
• Exercises:	
Gripping.	
 Wrist ROM (passive only). 	
Shoulder isometrics (no shoulder ER).	
Phase II - Intermediate Phase: Protected PROM (Week	<i>(3-7)</i>
Goals:	
 Restore full pain free range of motion. 	
 Improve strength, power, endurance of upper extremity m 	usculature.
Gradually increase functional demand	

Weeks 3-5:

- Progress elbow ROM, emphasize full extension.
- Initiate flexibility exercises for:
 - Wrist ext/flexion.
 - Forearm supination/pronation.
 - Elbow ext/flexion.



Initiate strengthening exercises for:
Wrist ext/flexion.
Forearm supination/pronation.
• Elbow ext/flexors.
Shoulder program (Thrower's Ten Shoulder Program).
Weeks 6-7:
Continue all exercises listed above.
Initiate light sport activities.
Phase III - Advanced Strengthening Program: (Week 8-12)
Goals:
Improve strength/power/endurance.
Gradually initiate sporting activities.
Weeks 8-11:
Initiate eccentric exercise program.
Initiate plyometric exercise drills.
 Continue shoulder and elbow strengthening and flexibility exercises.
Initiate interval throwing program for throwing athletes.
Phase IV - Return to Activity: (Week 14-32)
Goals:
Gradual return to activities.
Week 12:
Return to competitive throwing.
Continue Thrower's Ten Exercise Program.



Physician Name: ______ Date: _____

