

Robert Kollmorgen DO

RADIAL HEAD FRACTURE REHAB PROTOCOL

Introduction

- This protocol is recommended for Mason's type I fracture or type II or III with ORIF.
- **Goal:** Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.

Phase (0 to 14 days)

- Begin elbow active ROM and active-assisted ROM for flexion and extension.
- ROM by the end of 2nd week should be at least 15 to 105 degrees.
- Begin putty/grip exercises.
- Begin isometric strengthening exercises for the elbow and wrist.

Phase II (15 days to 6 weeks)

- Continue elbow active and active assisted ROM exercises.
- Full flexion and extension ROM should be achieved by the end of 6 weeks.
- Begin active and active assisted supination and pronation.
- Begin light isotonic strengthening of flexion and extension.
- Assess and maintain shoulder and wrist strength and ROM.

Phase III (7-12 weeks)

- Continue active and active assisted supination and pronation.
- Full pronation and supination should be achieved by the end of the 8th week.
- Progressively increase isotonic strengthening in flexion/extension and pronation/supination.
- Work on any deficits.

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Months 3 – 4

- Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running
- Continue appropriate previous exercises
- Knee extension weight machine
- Short arc quads
- Agility drills / Plyometrics
- Treadmill – Running progression program if cleared
- Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

- Repeat Isokinetic testing as needed
- Continue appropriate previous exercises
- Sit-up progression
- Running progression to track
- Transition to home / gym program

Goals

- Return to all activities
- Pass APFT at 6 months post-op

No contact sports until 6-9 months post-op