



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Radial Head fracture **Code:** S52.121

Procedure: Radial Head Replacement

Surgery Date:

Instructions: PT TO BEGIN AFTER _____

Range of motion:

Splint immobilization for 2 weeks.

After 2 weeks once splint is removed, Please begin gentle elbow active and active-assisted flexion and extension.

Please begin immediate range of motion of the shoulder, wrist, and hand.

Please only perform pronation and supination exercises at 90° of elbow flexion for the until six weeks from date of injury.

The goal is to achieve full flexion, extension, pronation, and supination by six weeks from date of injury

Progress to passive range of motion at six weeks if motion deficits remain.

Incorporate static progressive splinting at six weeks if motion deficits remain.

Varus elbow precautions until 12 weeks post op.

Strengthening:

Begin forearm and arm strengthening at six weeks. Strengthen as tolerated

Provide with Home Exercise program.

Limitations:

0-2 weeks: no lifting no use of arm.

2-6 weeks: Ok to use arm for ADLs only, 1-2 lb max

6-12 weeks: 10 lb max

>12 weeks: No limits with weight, resume activities as tolerated

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date: