



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **RADIAL HEAD FRACTURE (NON-OP)**

### **NON-OP PHYSICAL THERAPY PROTOCOL**

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[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_ **Evaluate and Treat**                      \_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

**Early Passive Motion:** (2-7 days post fracture)

**Goals:**

- Control pain and edema Protect fracture site



- Minimize deconditioning
- Maintain range in joints around the effected region (shoulder, wrist, fingers)
- Prevent contractures

### **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:** (3-6 weeks post fracture)

#### **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 of the elbow
- Active assistive pronation/supination of the elbow
- Isometrics: flexion, extension, and pronation, supination
- Active assistive hyper extension of elbow (at 6 weeks)
- Gripping exercises

### **Phase II - Moderate protection phase:** (6-8 weeks post fracture)

#### **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 in standing with wand
- Pulleys with eccentric control of the elbow with flexion/extension



**Phase III - Minimum protection phase:** (8 weeks post fracture)

**Goals:**

- 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

**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

**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.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**