

Adam Seidl, MD
Associate Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Radial Head ORIF

Phase I: Early ROM & Protect Repair *(0 to 2 weeks)*

- Splint and postop dressing remains in place for the 10-14 days.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Avoid varus/valgus forces across the elbow until 3 months postop.
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to as tolerated:
 - Flexion/extension
 - ROM by 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
 - Grip and wrist/hand AROM immediately.

Phase II: Increase ROM and function *(2 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 passive and active supination and pronation as tolerated.
- Begin light isotonic strengthening of flexion and extension
- Assess and maintain shoulder and wrist strength and ROM

Adam Seidl, MD
Associate Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Phase III: Full ROM and function (>6 weeks)

- 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.