

## Dr. Robert Wysocki

### Elbow Radial Head Open Reduction Internal Fixation or Radial Head Arthroplasty and Ligament Repair

**4-5 days:** The postoperative dressing and sutures are removed. Consider silicon scar treatment and stockinettes to forearm/arm for swelling.

Splint: A posterior long arm splint with elbow in 90 degrees flexion, forearm neutral, wrist neutral is fabricated

Motion: Active elbow flexion/extension in pronation is begun with the patient upright with the arm adducted by the side at all times (no gravity varus stress) out of the brace. A degree of extension block may be incorporated as specified on a case-by-case basis. Active forearm supination/pronation is begun, but only with the patient lying supine and the shoulder forward flexed to 90 degrees. If the therapist believes AROM is progressing slower than planned and wishes to proceed early with PROM, please contact physician. PROM usually not begun until 6 weeks.

#### **4 weeks:**

Splint: Continued as above full time except during exercises.

Motion: Continue as above.

#### **6 weeks:**

Splint: weaned over 2 weeks.

Motion: continue as above, but may now add passive motion and forearm rotation upright

#### **8-10 weeks:**

Add gentle progressive strengthening of elbow and forearm. Consider dynamic splinting if motion limited.

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks