

**PROTOCOL FOR RADIAL HEAD REPLACEMENT****AIMS FOR THE PROTECTIVE PHASE - 0-4 WEEKS**

- Protect the surgery site
- Prevent the negative effects of immobilisation
- Diminish pain and inflammation

**Avoid****Combined extension in supination for 6 weeks****Weight bearing for 3 months****Inpatient**

- Sling for 4 weeks at 90 degrees flexion and neutral supination.
- Scapular setting and posture correction.
- Assisted gentle elbow flexion, extension in neutral pronation -supination.
- Assisted gentle pronation and supination in mid-range elbow flexion.
- Wrist and hand movements.

**Out patient****2 weeks post op**

- Check shoulder movements are full and advise shoulder ROM exercises if required.
- Continue to progress to active ROM as above.

**AIMS FOR THE INTERMEDIATE PHASE - 4 - 8 WEEKS**

- Regain full ROM without compromising the repair.
- Initiate muscle strengthening of elbow wrist and hand

**4 weeks post -op**

- Wean off the sling
- Commence isometric strengthening of elbow flexors, extensors, pronators and supinators.
- Commence grip strengthening and wrist strengthening.
- Commence isometric elbow extension exercises with elbow at 90 degrees.
- Scar massage

**6 weeks post op**

- Commence end range stretching into combined elbow extension/supination, and elbow extension/ pronation
- Stretching of forearm muscles.
- Ulna and radial deviation stretches in neutral pronation and supination

### **AIMS FOR THE FINAL PHASE - 8 - 12 weeks**

- Restore power, strength and endurance.
- Function specific end range stability of shoulder and elbow
- Ensure full active ROM into combined positions.

### **8 -12 weeks**

- Continue stretches into full elbow extension and combined positions, e.g. extension with pronation.
- Commence low resistance, concentric and eccentric strengthening of elbow flexion and supination. Increase resistance as pain allows.
- Use PNF patterns for strengthening into combined positions
- correct abnormal movement patterns

### **12-16 weeks**

- May commence weight bearing exercises.
- May initiate light upper extremity weight training.
- Commence sports or work specific strengthening program if appropri

### **References**

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