

**PHYSICAL THERAPY PROTOCOL
RADIAL HEAD FRACTURE/REPLACEMENT**

Weeks 1-2:

- Splint or brace worn at all times
- OK for hand and finger ROM, typing/texting
- Absolutely no lifting or weight-bearing

Weeks 2-4:

- Wean from elbow brace
- At week 2: Elbow PROM and AROM from 0-90° only; pronosupination performed at 70°

Weeks 4-6:

- Discontinue elbow brace
- Advance ROM to goal of full flexion/extension and pronosupination

Weeks 6-10:

- Begin gentle strengthening
- Coffee cup/5lbs weight limit

Week 10+:

- Advance strengthening
- Return to all daily activities