



Christopher Kim, MD

The Iowa Clinic Orthopaedics Department

Radial Head/Neck Fracture Non-Operative Rehab Protocol

Phase 1 (weeks 1-2)

- may begin to wean the sling as pain improves
- sling typically discontinued in second week
- begin passive ROM of elbow, focusing on flexion and extension
- may progress ROM of elbow to active-assisted and active ROM as tolerated
- ROM goal by end of second week is 15 to 110 degrees**
- isometric strengthening exercises for elbow and wrist as tolerated

Phase 2 (weeks 3-6)

- continue active flexion and extension ROM of elbow
- full flexion and extension (ie. symmetric to contralateral elbow) by end of week 6**
- begin active-assisted and then active supination and pronation
- begin light isotonic strengthening at elbow
- continue with wrist and shoulder strengthening/ROM exercises

Phase 3 (weeks 7+)

- continue with active pronation and supination
- full pronation and supination (ie. Symmetric to contralateral elbow) by end of week 8**
- progressive isotonic strengthening of elbow in flexion/extension and pronation/supination