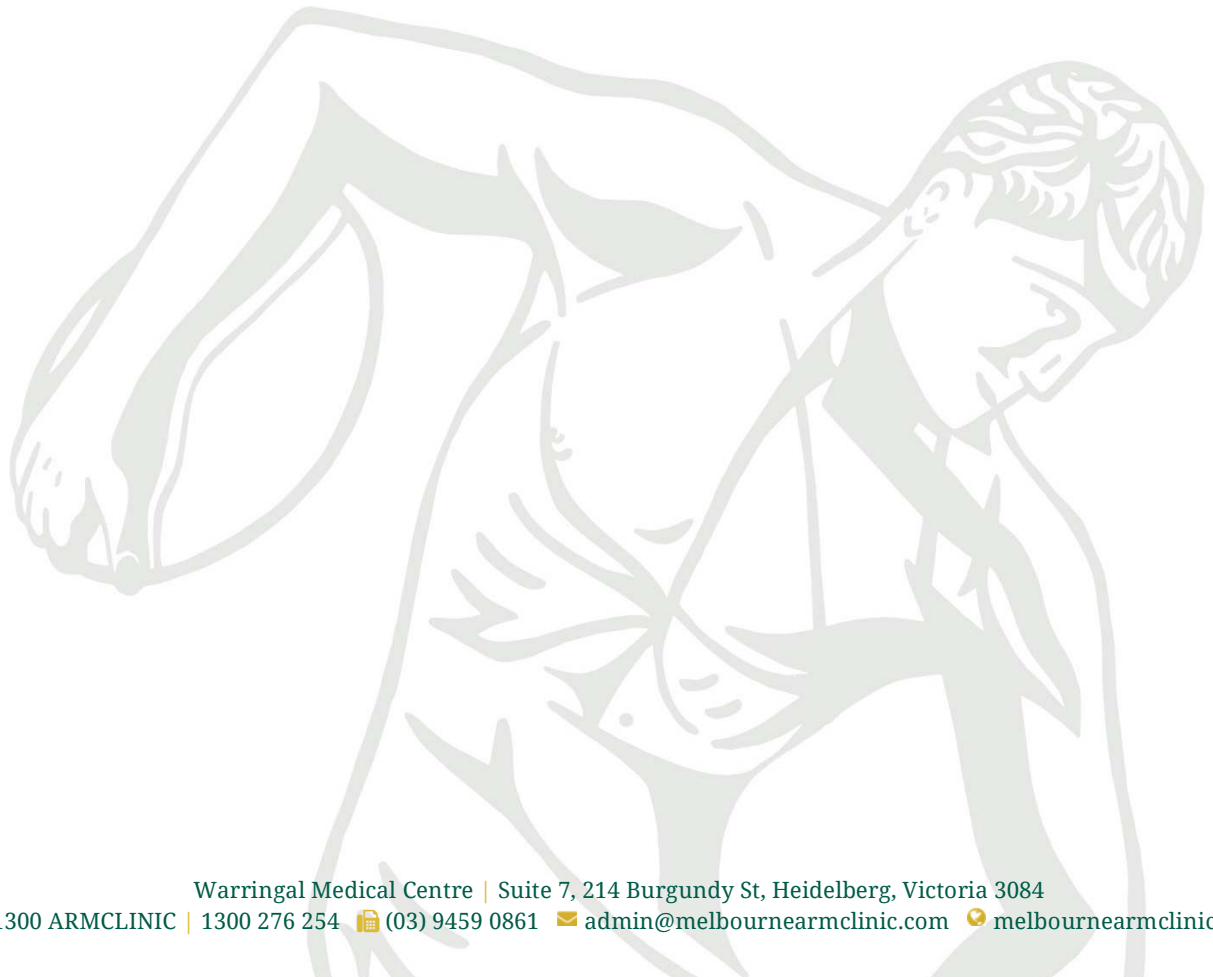




Radial Head Replacement/Fixation Protocol





Radial Head Replacement/Fixation

Mr. Matthan Mammen

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Orthopaedic Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
4 weeks	You will be discharged on the <u>same</u> day as the operation	Gentle elbow range of movement	No lifting, no pushing, no pulling

Acute phase (0-4 weeks)

Goals

- Pain and oedema control while protecting healing tissues
- Prevent joint contractures
- Independence and compliance in splint wear

Rehabilitation

- Progression from gravity assisted elbow extension, to active assist, to active range of movement of elbow extension
- Active range of movement of shoulder, wrist, and hand
- Light putty exercises for grip once full ROM of digits is restored
- Oedema control
- No lifting, pushing, pulling

Criteria for progression

- Pain control

Intermediate phase (4-8 weeks)

Goals

- Restore ROM in elbow

Rehabilitation

- Advance to elbow flexion after 4 weeks
- Increase elbow range of movement including supination & pronation
- If >20degrees lack of extension or elbow flexion <130 degrees at 8 weeks add a static elbow brace

Late phase (>8 weeks)

Goals

- Restore full range of movement in elbow

Rehabilitation

- Home exercise program to maintain range of movement, strength, proprioception and function



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Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
8 weeks	3 months	4 weeks	3 months

