

Elbow - Radial Head Replacement Protocol

- A. 0-4 weeks post-op (Restore normal ROM)
 - 1. Sling for rest and comfort. Wear at night and when up and busy.
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. ROM restrictions: To tolerance
 - 3. Exercise
 - a. A-AA ROM: shoulder, elbow, forearm, wrist, hand/fingers
 - b. AA to Gentle PROM: shoulder, elbow, forearm, wrist, hand/fingers
- B. 4-6 weeks post-op
 - 1. Wean from sling
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Continue ROM work as indicated
 - b. Light, progressive grip and forearm strength
- C. 6 weeks post-op
 - 1. Comprehensive, progressive strength for UE