

Physical Therapy Prescription for:

label

**Diagnosis:** Radial Head Fracture  
**Surgical Procedure:** ORIF R / L Radial Head  
**Date of Surgery:**  
**Eval & Treat:** 2x/week x 12 weeks

Phone: 212-305-3934  
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**Weeks 0 to 2 (Immediate Postoperative Period – Maximum Protection Phase):**

- Goals: decrease swelling and pain, restore full wrist ROM
- Immediate hand & wrist ROM, gripping exercises:
  - Putty/grip strengthening
  - Wrist flexor stretching
  - Wrist extensor stretching
  - Elevate hand to reduce swelling

**Weeks 2 to 6 (Goal: edema control, increase elbow ROM):**

- Progress elbow ROM, emphasize full extension
- Initiate flexibility:
  - Wrist ext/flex
  - Forearm supination/pronation
  - Elbow ext/flex
- Ok to start a shoulder program

**Weeks 6 to 12 (Goal: improve strength):**

- Start gentle strengthening program for elbow
- Initiate resistance for biceps and triceps
- Stretching and ROM program for shoulder
- Core strengthening
- Begin 2 handed plyometric program (chest pass, soccer throw, side to side) week 8

**Weeks 12+ (Goal: return to sports):**

- Start long throwing program
- Thrower's 10 – advance as able
- Running, agility drills
- Initiate 1 handed plyometric drills at week 10 (1 hand throws, 1 hand wall dribbles)
- May initiate a gradual light weight training program (home/gym)
- May begin interval training programs for return to throwing, tennis, golf, etc. at week 10



Lauren H. Redler, M.D.

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Date