

Physical Therapy Prescription

Radial Head ORIF REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	Splint & Weight bearing	EXERCISES
0-2 weeks	None	Keep splint clean and dry No Weight Bearing	Wrist and hand ROM. Pendulums for shoulder.
2-6 weeks	Increase range of motion as tolerated	No lifting more than a cup of coffee	Active and active assist range of motion Ok to move shoulder freely
6-12 weeks	Full range of motion.	Ok to increase lifting to 10 lbs	Begin elbow strengthening exercises
12+ weeks	No Restrictions	No Restrictions	No Restrictions

*****Begin physical therapy at 2 weeks post op**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Diagnosis: status post Radial Head ORIF Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Radial Head ORIF using the above protocol. 1-2x per week for 10 weeks. Modalities PRN</p> <p>Notes: _____</p> <p>MD signature:</p>
