

## Rehabilitation Following a Radial Head replacement

<b>Rehabilitation</b>	
<p style="text-align: center;"><b>On discharge</b></p> <p><b>Aims</b></p> <ul style="list-style-type: none"> <li>✓ Control swelling</li> <li>✓ Independent with exercises</li> <li>✓ Safe mobilising/ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• Bradford sling when resting</li> <li>• Advise and manage swelling and pain</li> <li>• Active wrist and hand exercises</li> <li>• Shoulder flexion, abduction and lateral rotation</li> <li>• Active assisted elbow flexion/extension</li> <li>• Closed chain flexion/extension, forearm in neutral</li> <li>• Active pro and supination</li> <li>• Advice re light functional tasks</li> <li>• Sling for comfort only- 2weeks if req'd)</li> </ul>
<p style="text-align: center;"><b>10 days</b></p> <p><b>Aims</b></p> <ul style="list-style-type: none"> <li>✓ Full hand and wrist AROM</li> <li>✓ Regain AROM elbow</li> </ul>	<ul style="list-style-type: none"> <li>• Wound/scar assessment</li> <li>• Teach scar massage</li> <li>• Encourage normal light functional movements</li> <li>• Scapula/shoulder postural advice</li> <li>• Start Active range of motion of the elbow (flexion, extension, pronation and supination)</li> </ul>
<p style="text-align: center;"><b>4 Weeks</b></p> <p><b>Aims</b></p> <ul style="list-style-type: none"> <li>✓ Fully Functional elbow at 8 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to increase range and encourage normal functional movements</li> <li>• Kinetic chain rehab to maximise function, consider shoulder, scapular and lower limb function</li> </ul>

<p><b>Sling</b></p> <p><b>Physiotherapy Follow Up</b></p>	<p>Routine poly sling for comfort only</p> <p>7-10 days post op</p>
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<b>Milestones</b>	
Full AROM	2-4 Weeks D/W specialist physiotherapist if not achieving
Driving	From 6 Weeks
Work	8-Weeks, 12 weeks If manual work.