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Rehabilitation Following a Radial Head replacement

Rehabilitation	
On discharge Aims ✓ Control swelling ✓ Independent with exercises ✓ Safe mobilising/ADLs	• Bradford sling when resting • Advise and manage swelling and pain • Active wrist and hand exercises • Shoulder flexion, abduction and lateral rotation • Active assisted elbow flexion/extension • Closed chain flexion/extension, forearm in neutral • Active pro and supination • Advice re light functional tasks • Sling for comfort only- 2weeks if req'd)
10 days Aims ✓ Full hand and wrist AROM ✓ Regain AROM elbow	• Wound/scar assessment • Teach scar massage • Encourage normal light functional movements • Scapula/shoulder postural advice • Start Active range of motion of the elbow (flexion, extension, pronation and supination)
4 Weeks Aims ✓ Fully Functional elbow at 8 weeks	• Continue to increase range and encourage normal functional movements • Kinetic chain rehab to maximise function, consider shoulder, scapular and lower limb function

Sling	Routine poly sling for comfort only
Physiotherapy Follow Up	7-10 days post op

Milestones	
Full AROM	2-4 Weeks D/W specialist physiotherapist if not achieving
Driving	From 6 Weeks
Work	8-Weeks, 12 weeks If manual work.