



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Ulnar shaft fracture and Radial head fracture

Code: S52.279a

Procedure: Ulnar ORIF and Radial head replacement

Surgery Date:

Instructions: PT to eval and treat. Begin PT after _____

Range of motion:

Splint immobilization until two weeks post-operatively.

After 2 weeks begin AROM/AAROM of the elbow.

Immediate range of motion of the shoulder, wrist, hand.

Pronation and supination exercises at 90 degrees of elbow flexion for the first 6 weeks after surgery.

The goal is to achieve full flexion extension pronation and supination by 6 weeks from date of surgery.

No resisted extension for the first 6 weeks to protect ulna.

Progress to passive range of motion at 6 weeks , If motion deficits remain then Incorporate static progressive splinting at 6 weeks of motion deficits remain.

Varus elbow precautions until 12 weeks postop.

Strengthening: Begin forearm and arm strengthening at 6 weeks. Strengthening as tolerated. Provide with home exercise program. Encourage range of motion exercises to be done 3 times a day.

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

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