

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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Spire Bushey Hospital  
Heathbourne Road  
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Watford  
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Royal National Orthopaedic Hospital  
Brockley Hill  
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Middlesex  
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The Stanmore Clinic  
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**Appointments & Queries:**  
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*All correspondence to Spire Bushey Hospital*

**Physiotherapy protocol: Radial Head Excision**

Weeks 1-2:

- Sling for 2 weeks
- Active / active assisted flexion (biceps) from day 1 as pain allows.
- Maintain rotation
- Encourage full ROM goals
- Heat before PT, ice after PT

Weeks 2- 12:

- Remove sling
- Begin AAROM → AROM to FROM
- Maintain active pronation and supination
- Take care with active extension.
- Avoid supporting body weight for 12 weeks.

Comments: