



Post-Operative

# therapy guidelines

This brochure summarizes post-operative care guidelines for the **Ascension® Modular Radial Head**. For further information, contact **customer service** at **512-836-5001**, or in the U.S., **1-877-370-5001 (toll-free)**.

Ascension® Modular Radial Head

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# post-operative therapy guidelines

as presented by:

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## **Traditional Kocher Approach:**

- Place the operated arm in rest in an upper-arm sling for a period of 4-5 days.
- After 4-5 days, gradual mobilization starts within the comfort zone.
- The sutures would be removed at 2 weeks, and formal therapy would be undertaken in the form of mobilization.
- Delay in recovery is dependent on the amount of damage to and detachment of the extensor muscle mass needed to insert the implant. Mobilization can be delayed depending on the amount of incision to the annular ligament. If the annular ligament was significantly incised, then rehabilitation should proceed slowly to protect the stability of the radial stump.

## **Posterior Direct Approach:**

- Because there is a three-layer closure of annular ligament, anconeus muscle and deep fascia, mobilization can occur as soon as the drain is removed.
- Flexion / extension can start at five days.
- Due to the good stability of the implant, most patients are completely mobile after 6-7 weeks.