

5 Rehabilitation

The patient was allowed early motion. No specific rehabilitation program was needed. The patient started working full time in his restaurant a few weeks postoperatively.

The patient's ulnar nonunion healed rapidly and on most recent follow-up 16 months after his last surgery he was pleased with the result. He had full flexion/extension and pronation, his supination was still improving. X-rays showed a healed and well-aligned ulna and an unchanged nonunion of the radial neck.



Fig 2.5.7-9a-b X-rays 16 months postoperatively showing healed ulna and nonunion of the radial neck.



Fig 2.5.7-10a-d Functional pictures 16 months postoperatively.

Implant removal

Given his previous refracture after implant removal the patient is hesitant to have the plate removed. The plate should be left in place for at least 18 months before removal.