

THERAPY PROTOCOL

Distal Radius Fracture ORIF

(Dr. Logli)

1-10 Days Post Op

- Orthosis:
 - Fabricate volar resting orthosis or patient will be issued a prefabricated wrist cock-up brace
 - Wear 24/7 unless grooming or HEP
- ROM:
 - Instruct patient in frequent ROM of the digits, thumb, and elbow
 - PROM of digits can be completed as needed pending the degree of stiffness
 - Encourage the patient to complete light functional tasks with the digits/hand such as dressing, grooming, and feeding
- Precautions:
 - Avoid axial loading, lifting, pushing, pulling, and forceful gripping

Day 11 - 6 Weeks Post Op

- ROM:
 - Instruct patient in AROM of the wrist and FA
 - Encourage continued light functional use of the affected hand while in orthosis
- Orthosis:
 - Continued wear 24/7 outside of HEP and showering
- Wound Care:
 - Initiate scar mobilization pending wound closure

4-6 Weeks Post Op

- ROM:
 - Initiated grip and pinch and grip strengthening as tolerated
 - Progress functional use gradually as tolerated such as laundry, dishes, and light housekeeping
- Orthosis: May when from orthosis in controlled environments

6-12 Weeks Post Op

- ROM
 - Instruct patient in PROM of the wrist
 - Begin functional strengthening of the wrist and FA (8 weeks)
 - Gradually return to all functional activities as tolerated
- Orthosis

- Wean from daily orthosis use at 6 weeks and discharge orthosis completely by 8 weeks post op