

Post-operative Rehabilitation Protocol

ORIF Distal Radius fracture

General Guidelines	<ul style="list-style-type: none"> - You will be non weight bearing for minimum 6 weeks with a splint or boot - Recommend knee scooter, crutches, or walker for ambulation - Contact therapist or physician with any questions/concerns 		
	General Guidelines	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 6</i>	Strict elevation <u>Ice</u> : 20 minutes on, 20 minutes off every hour	Post-operative splint Transition to removable brace at 2-3 weeks post-op	Okay for elbow and finger ROM Ok to begin gentle wrist ROM at 3 weeks if in removable brace No weight bearing with operative arm
Phase 2 – Early loading <i>Weeks 6 - 10</i>	6-8 wks: Advance daily activities Monitor pain and swelling, if increase need to modify PT	Removable brace	<u>Exercises</u> : Increase wrist ROM, Hand PT exercises, <u>Modalities</u> : E-stim, Game ready
Phase 3 - Transition <i>Weeks 10-16</i>	Advance activities	Wean out of brace as tolerated	<u>Exercises</u> : Continue ROM, soft tissue modalities
Phase 4 – Return to activities <i>Weeks 16+</i>	Full, pain-free ROM	None	Progress strengthening. Job-specific training Modalities PRN