

DISTAL RADIUS ORIF, Rigid Fixation protocol

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- ❖ 0 – 2 weeks post-op
 - o In post-op dressings
 - o Patient to independently begin early finger range of motion, forearm rotation, and shoulder range of motion

- ❖ 2 weeks post-op:
 - o First follow-up with M.D.
 - o First therapy visit
 - o Post-op dressings removed in Hand Center
 - o Patient fitted with removable splint
 - o Begin gentle active wrist range of motion for 4 weeks
 - o Edema reduction and scar management
 - o Continue finger, forearm rotation, elbow and shoulder range of motion, as needed
 - o Include intrinsic stretches in home exercise program
 - o Frequency of therapy: 2 times per week for first 6 weeks, then 2 to 3 times per week, as needed to regain range of motion

- ❖ 2-6 weeks post-op:
 - o Continue active wrist range of motion
 - o Continue finger, elbow and shoulder range of motion, including forearm rotation
 - o Frequency of therapy: 1 time per week
 - o Scar management
 - o Begin light ADL's with affected extremity

- ❖ 6 weeks post-op:
 - o Wean from splint
 - o Begin passive wrist range of motion
 - o Continue digit range of motion, as needed
 - o Frequency of therapy: 1 to 3 times per week, as needed
 - o Begin progressive weightbearing, with medical clearance
 - o Advance ADL's for functional strengthening.

- ❖ 8-12 weeks post-op:
 - o May begin strengthening, if needed