

Adam Cien, DO

DISTAL RADIUS ORIF REHABILITATION PROTOCOL

General Notes: The type of fracture and required fixation may dictate alterations to the general protocol below. Some patients may not progress as quickly as the protocol allows.

- Days 0-14:**
- Keep post-operative dressing in place
 - Keep dressing clean and dry
 - Keep hand elevated above the level of your heart
 - Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.
 - May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth

- Day 14:**
- First Post-Op Appointment with Dr. Cien
 - Post-operative dressing removed
 - Stitches are removed and steri-strips placed
 - Placed in removable wrist splint

- Weeks 2 – 6**
- Begin outpatient occupational therapy (1x/week)
 - Include intrinsic stretches in home program
 - Initiate thumb IP blocking exercises, especially with volar plating
 - Utilize edema reduction techniques including isotoner glove, edema mobilization, kinesiotape
 - Begin scar management
 - Monitor for signs of CRPS and if present begin desensitization techniques
 - Include patient education including: fracture precautions, anatomy, progression of bone and wound healing, implications of scar formation and immobilization
 - Wear wrist splint full time except for showering and to work on gentle range of motion
 - Take splint off 3 – 4 times a day to work on gentle, controlled range of motion
 - Begin PROM at 4 weeks post-op; AROM at 6 weeks post-op
 - May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel
 - Once steri-strips fall off and the incision site is fully closed and healed, water activity is unrestricted

- Weeks 7-12**
- Continue outpatient occupational therapy (2x/week)
 - Wrist strengthening exercises
 - Discontinue use of wrist splint during daily activity
 - Wear splint only during sport related activity and heavy lifting
 - Continue to work on regaining full range of motion

- 3 Months:**
- Return to unrestricted activity