


REHABILITATION GUIDELINES FOR DISTAL RADIAL FX ORIF (ACCELERATED)

PHASE I (WEEK 1)

DATES:

Appointments	Begin therapy 2-7 days post-op. Therapy for 2x/week, as per MD recommendation.
Rehabilitation Goals	<p>Immobilization to protect fracture fixation x 6 weeks except for ROM ex's</p> <ul style="list-style-type: none"> Off the shelf wrist splint –or– Fabricate resting cock-up wrist splint that allows finger movement (remove for hygiene, dressing, eating, exercise) <p>Control edema and pain Encourage AROM HEP – shoulder, elbow, forearm, wrist (gentle), digits Infection prevention</p>
Precautions	<p>Avoid lifting, pushing, pulling, operating heavy machinery. Full time splint use. Do not test strength.</p>
Suggested Therapeutic Exercises	<p>Tendon Gliding with Wrist Ext > 21°</p>  <p>AROM/PROM Finger Flexion/Extension AROM Elbow Flexion/Extension AROM of wrist, as tolerated. AROM of forearm, as tolerated. Reaching in all planes. Elevation with overhead fisting.</p>
Progression Criteria	<p>Decreased edema Full finger AROM</p>

PHASE II (2-4 WEEKS)

DATES:

Appointments	Continue therapy 2x/wk per MD request. 6 week MD follow-up visit.
Rehabilitation Goals	<p>Edema & Scar Management Controlled mobilization and tendon gliding Begin gentle strengthening Return to light activities/ADL and functional tasks. Continue gentle AROM/AAROM in wrist. Wean from splint</p>
Precautions	<p>Avoid weight bearing. Continue with splint x 6 weeks except for ex's.</p>

OT/PT NAME: ___Ellen Obenberger, OT

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942
