



Radius/Ulna (Both-Bone) Open Reduction and Internal Fixation Therapy Instructions - Early Motion Protocol

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2-6 weeks

Focus on recovery of finger, then wrist, motion within the early postoperative period.

Splint:

- Fashion a removable forearm fracture brace along the full length of the forearm holding the wrist in 20-30 degrees of extension.
- If a cast has been applied, leave in place until week 4 and fashion the splint at that time.

Motion:

- Focus on AROM/AAROM/PROM of the fingers and elbow.
- AROM/AAROM only to wrist extension/flexion and pro/supination for weeks 2-4.
- Begin gentle PROM to wrist/forearm motion at week 4.
- 2 lbs lifting restriction.

Edema Control:

Coban, digit sleeves, ACE wrap, edema modalities per therapist.

6 -10 weeks

Gentle strengthening is incorporated at this time.

Splint:

- Wean from splint by 8 weeks after surgery.

Motion:

- Begin gentle finger and wrist strengthening using putty or other modalities per therapist.
- Continue wrist AROM/AAROM/PROM.
- 5 lbs lifting restriction starting at 8 weeks.
- 15 lbs lifting restriction at 10 weeks.
- Transition to home exercise program at 8-10 weeks.

Edema Control:

Per therapist.

10-12+ weeks

Splint:

- No longer necessary.

Motion:

- Continue home program vs. work conditioning program PRN at 10 weeks.
- No restrictions after 12 weeks.