



Distal Radius Open Reduction and Internal Fixation Therapy Instructions - Early Motion Protocol

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1-6 weeks

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

Splint:

-Fashion a removable volar cock-up wrist splint holding the wrist in 20-30 degrees of extension.

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 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 at 6 weeks and discontinue at 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