

Distal Radius Fracture Rehab Protocol - Operative

Office Visits:

- 2w, 6w, 12w, 6m

Xrays:

- Will be done at each visit

Physical or occupational therapy:

- Therapy prescription will be provided at your 2-week appointment

Weeks 0-2:

Splint	• Volar slab splint post-op
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• Ok for hand motion in splint
Exercises	• Work on hand motion and ball squeezes

Weeks 2-6:

Immobilization	• Removable wristlet – may remove during hygiene or exercises only
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work)
Range of Motion	• Okay for hand and wrist motion
Exercises	• Start PT or OT for hand/wrist motion

Weeks 6-12:

Immobilization	• Removable wristlet – may remove for hygiene and exercises only
Weight Restrictions	• 5lb
Range of Motion	• Okay for hand and wrist motion
Exercises	• May start lifting or strengthening < 5lb

Months 3+:

Brace	• Wean from wristlet
Weight Restrictions	• As tolerated; progressive strengthening
Range of Motion	• Full motion
Exercises	• Continue motion and start strengthening exercises