

Distal Radius Fracture Rehab Protocol - Nonoperative

Office Visits:

- 2w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical or occupational therapy:

- Therapy prescription will be provided at your 6-week appointment

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Splint	• Splint
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	• Transition to short arm cast
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	• Ok for hand motion in splint
Exercises	• Work on hand motion and ball squeezes

Weeks 6-12:

Immobilization	• Removable wristlet – may remove for hygiene and exercises only
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• Okay for hand and wrist motion
Exercises	• Start PT or OT for hand/wrist motion

Months 3+:

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