

Distal Radius Fracture Surgery Rehab

Dr. Nielsen

Standard ROM Protocol

0-2 weeks

- Post-op splint
- Sutures out at 2 weeks
- ROM: aggressive finger ROM throughout post-op course

2-6 weeks

- Splint: FRC splint, 20 degrees extension
 - Wear full time except exercises and showering
- ROM (wrist flexion/extension, radial/ulnar deviation, and forearm rotation)
 - Active ROM from 2-4 weeks
 - Self-passive ROM from 4-6 weeks

6+ weeks

- Wean out of splint
- Aggressive ROM for fingers, wrist, forearm
- Start strengthening hand and wrist as ROM is regained

Dorsal Spanning Plate Protocol

0-2 weeks

- Post-op soft dressing or splint
- Sutures out at 2 weeks
- ROM: aggressive finger ROM throughout post-op course
- Use: 10 pound lifting restriction

2-12 weeks

- Splint: removable wrist splint PRN based on patient preference
- ROM
 - Continue aggressive finger ROM
 - Forearm rotation encouraged
- Use: 10 pound lifting restriction

12-14 Weeks

- Surgery for plate removal at 12 weeks
- Splint: post-op splint
- ROM: aggressive finger ROM

14+ weeks

- Wean out of splint
- ROM: aggressive wrist and forearm active and passive ROM
- Increase use and strengthen as tolerated