

## **Metacarpal Fracture ORIF Rehab Protocol**

### **Dr. Nielsen**

#### **0-1 weeks**

- Post-op splint
- Sutures out at 2 weeks
- Finger ROM as tolerated in splint

#### **1-2 weeks**

- Forearm based FRC to proximal phalanges
  - Wear except exercises and showering
- ROM
  - Active ROM at fingers

#### **2-4 weeks**

- Sutures out at 2 weeks
  - Scar massage and desensitization 3 days after suture removal
- Forearm based gutter FRC or splint
  - Full time except exercises
- ROM
  - Aggressive active finger ROM
  - Self passive ROM with support under metacarpal heads

#### **4-6 weeks**

- Forearm based gutter FRC or splint
  - May remove for light activities up to 2 pounds and sleeping
- ROM:
  - Aggressive active and passive finger ROM

#### **6-10 weeks**

- Wean out of FRC or splint completely
- ROM
  - Aggressive active and passive finger ROM
- Strengthening
  - May start strengthening with full, pain-free ROM