

## Distal Radius ORIF Protocol

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### **Post-Op Weeks 1-2:**

- Volar splint immobilization
- Elevate arm and perform finger ROM exercises frequently to achieve full digit mobility
- Minimize swelling and promote soft tissue healing

### **Post-Op Weeks 2-6:**

- Removable brace off 3-4 times per day to perform AROM of wrist and for showering
- Finger exercises every 2 hours in brace and elevate arm frequently to reduce swelling, improve/regain full motion
- Scar management
- Light functional use of hand (eating, typing) with lifting less than 1 lb.
- No gripping tightly or pulling/pushing objects

### **Post-Op 6 Weeks to 6 Months:**

- Discontinue removable brace
- Strengthening program is gradually increased so that the patient is using full weights by 3 months
- Encourage independent and functional use of the hand. It may be as long as 6 months before patient returns to heavy work/labor.