**ORIF DISTAL RADIUS PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2:**

• Non-weightbearing to operative wrist; Nothing heavier than cup of coffee x 6 weeks

• Shoulder / Elbow / Hand / Finger active motion as tolerated

• Elevate operative wrist above level of heart as much as possible to help with swelling

• Post-op splint / sutures removed at post op day 10-12

**\_\_\_\_\_\_Weeks 2-4:**

• Exos splint to be worn full time (except showering and when performing wrist exercises)

• Start gentle active ROM of wrist (no manipulation)

• Continue Shoulder / Elbow / Hand / Finger active motion as tolerated

**\_\_\_\_\_\_Weeks 4-6:**

• Exos splint to be worn full time (except showering and when performing wrist exercises)

• Active ROM of wrist

• OK to start gentle PROM / stretching at end ranges of motion of wrist

• Scar massage / modalities

**\_\_\_\_\_\_Weeks 6-10:**

• Transition out of Exos splint over course of 7-10 days

• OK to start gentle strengthening exercises if cleared after radiographs at 6 weeks

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_