**ORIF BOTH BONE FOREARM FRACTURE 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 forearm; Nothing heavier than cup of coffee x 6 weeks

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

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

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

• Radiographs performed at first post-op visit

**\_\_\_\_\_\_Weeks 2-6:**

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

• Start gentle active pronation/supination

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

• Scar massage / modalities at 4 weeks

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

• Radiographs performed at second post-op visit at 6 weeks

• Transition out of Exos splint once healing callus evident (between 6-8 weeks)

• OK to start gentle strengthening exercises once healing callus evident and no pain at fracture site

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