



Distal Radius ORIF  
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	<b>PRECAUTIONS</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>Phase 1: 0-7 days</b>	Post-op splint	Immediate finger, thumb AROM	1st visit- Remove dressings and apply wrist cock-up splint or fabricated wrist splint as anatomy requires
<b>Phase 2: 1-2 weeks 2x/week</b>	Splint per orders  Can use soap and water but DO NOT submerge x 3.5 weeks	Wrist and Elbow AROM once patient makes a fist.	Grip, wrist ROM exercises.  Shoulder isometrics
<b>Phase 3: 2-4 weeks 2x/week</b>	Splint per orders	AAROM, PROM, and gentle stretching if needed	Continue above  Soft tissue mobilization  Add gentle stretching as needed
<b>Phase 4: 4-6 weeks 2x/week</b>	D/C brace @ 5-6 weeks	May begin Strengthening	1-2# PRE's wrist and elbow  Gentle scar mobilization
<b>Phase 5: 6-12 weeks 1-2x/week</b>	10# lifting restriction		Gradual return to work activities within restrictions

MD post op appts: 2 weeks, 4 weeks, 6 weeks, 8 weeks, 12 weeks.

**Please send OT progress notes prior to each MD appt.**

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.