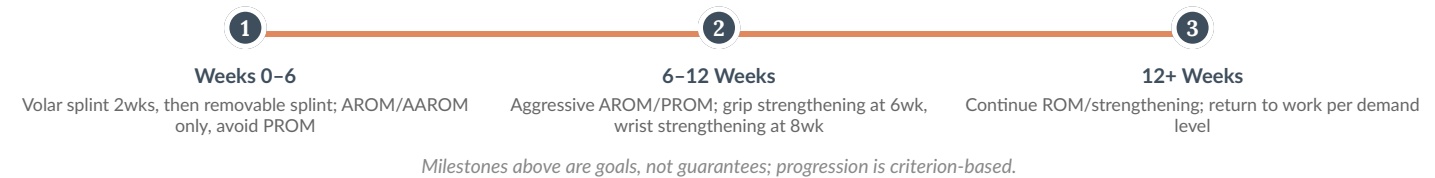


PT PROTOCOL

Distal Radius Fracture — Open Reduction Internal Fixation

Rehabilitation Protocol



Phase 1 Weeks 0–6

Immobilization: Volar splint for 2 weeks, then a removable wrist splint through week 6 (removable for hygiene and exercises).

Range of Motion

- After the splint is taken down at the first postoperative visit, begin active and active-assisted range of motion of the wrist.
- Avoid passive range of motion during this phase.

Strengthening

- Avoid.

Work Restrictions

- May type and write.
- No lifting, pushing, pulling, or driving/operating heavy machinery.
- No lifting more than 1/2 pound.
- Full-time splint use in the workplace.

Phase 2 Weeks 6–12

Range of Motion

- Aggressive active and passive range of motion.

Strengthening

- Start light grip strengthening at week 6.
- Start wrist extension, flexion, pronation, and supination strengthening at week 8.
- When strength reaches 80% of the contralateral side in grip and lifting from the floor, transition to a work-specific program.

Phase 3 Weeks 12+

Range of Motion

- Continue aggressive active and passive range of motion.

Strengthening

- Continue wrist extension, flexion, pronation, and supination strengthening.

Work Restrictions

- Heavy laborers should be ready to return to work without restrictions.
- Unusually high-demand activities may need some additional work-specific program.