

## **Dr. Biswas' Distal Radius ORIF, Rigid Fixation Protocol**

### **0 – 2 weeks post-op**

- Patient may report for dressings to be removed and to begin early finger motion and removable orthoplast wrist splint
- Patient to independently begin early finger range of motion, forearm rotation, and shoulder range of motion

### **2 weeks post-op**

- First follow-up with M.D.
- First therapy visit
- Post-op dressings removed in Hand Center
- Patient fitted with removable splint (if not already done)
- Begin gentle active wrist range of motion for 4 weeks, emphasis on forearm rotation/supination
- Edema reduction and scar management  
Continue finger, forearm rotation, elbow and shoulder range of motion, as needed
- Include intrinsic stretches in home exercise program  
Frequency of therapy: 2 times per week for first 6 weeks, then 2 to 3 times per week, as needed to regain range of motion

### **2-6 weeks post-op**

- Continue active wrist range of motion
- Continue finger, elbow and shoulder range of motion, including forearm rotation
- Frequency of therapy: 1 time per week
- Scar management
- Begin light ADL's with affected extremity

### **6 weeks post-op**

- Wean from splint
- Begin passive wrist range of motion
- Continue digit range of motion, as needed
- Frequency of therapy: 1 to 3 times per week, as needed
- Begin progressive weight bearing, with medical clearance o Advance ADL's for functional strengthening.

### **8-12 weeks post-op**

- May begin strengthening, if needed