

REHABILITATION PROTOCOL: DISTAL RADIUS OPEN REDUCTION INTERNAL FIXATION

Phase 1 (Weeks 0-6)

- Immobilized in volar splint for 2 weeks, then removable wrist splint for 6 weeks. Can remove for hygiene and exercises.
- Range of motion (ROM): After splint taken down at first postoperative visit can begin active and active assisted ROM of the wrist. Avoid passive ROM.
- Strengthening: Avoid
- Work restrictions:
 - May type and write
 - No lifting, pushing, pulling, or driving/operating heavy machinery
 - No lifting >1/2 pound
 - Full time splint use in workplace

Phase 2 (Weeks 6-12)

- ROM: Aggressive active and passive ROM
- Strengthening
 - Start light grip strengthening at 6 weeks
 - Start wrist extension, flexion, pronation, supination strengthening at 8 weeks
 - When strength 80% of contralateral side in grip and lifting from floor, transition to work-specific program

Phase 3 (Weeks >12)

- ROM: Continue aggressive active and passive ROM
- Strengthening: Continue wrist extension, flexion, pronation, 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