

## Dr. Allen Distal Radius Fracture Repair Rehabilitation Protocol

### Phase I: Protection (Weeks 0-6)

#### Weeks 0-2

- Leave splint in place until first visit ~2 weeks post-op (cover to shower)
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- Non-weight bearing
- Work on finger, elbow, and shoulder motion

#### Weeks 2-6

- First post-op visit at ~2 weeks
- Splint is removed at first visit
  - Will transition to a removable wrist brace or Muenster
  - If bone quality or fixation is suboptimal, a cast may be placed
- Ok to shower after splint is removed
  - Don't soak wound, pat dry and cover with fresh bandage
- Edema control & scar massage once wound is healed
- Motion
  - AROM of wrist flexion/extension pronation/supination
    - No pronation/supination x4 weeks if Muenster is placed
  - PROM and AAROM for finger motion
- Strengthening
  - 1# lifting restriction until week 6
- Ok to use hand for cell phone, hygiene, and computers



**Phase II: Weight Bearing (Weeks 6-12)**

- Second post-op visit at 6 weeks
  - Will plan to discontinue brace at this visit
- Ok to use arm and hand for ADLs
  - Cell phone, computer, grooming, cooking, light cleaning
- Restore full motion (Pro/Sup & Flex/Ext)
  - AROM/AAROM/PROM
- Strengthening
  - 5# weight restriction at 6 weeks if pain free
  - 10# weight restriction at 8 weeks if pain free
  - 15# weight restriction at 10 weeks if pain free

**Phase III: Strengthening (Weeks 12+)**

- Third post-op visit at 12 weeks
- Advance weight training as able
- Return to full sport/labor work at 12-16 weeks