

## ORIF WRIST FRACTURE REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	<b>WEIGHT BEARING</b>	<b>SPLINT/BRACE</b>	<b>ROM</b>
<b>PHASE I:</b> <i>Surgery to first post-op appt.</i>	<ul style="list-style-type: none"> <li>NWB on the operative extremity</li> </ul>	<ul style="list-style-type: none"> <li>On at all times</li> </ul>	<ul style="list-style-type: none"> <li>Digital ROM: Focus on making a <b>full fist</b> and <b>full extension</b> of the digits</li> <li>No wrist ROM</li> </ul>
<b>PHASE II:</b> <i>First post-op appt. to post-op week 6</i>	<ul style="list-style-type: none"> <li>NWB on the operative extremity</li> </ul>	<ul style="list-style-type: none"> <li>Transition to wrist immobilization brace</li> </ul>	<ul style="list-style-type: none"> <li>Continue digital ROM</li> <li>AROM and PROM as tolerated for flexion, extension, pronation, supination</li> </ul>
<b>PHASE III:</b> <i>Post-op week 6+</i>	<ul style="list-style-type: none"> <li>WBAT on the operative extremity</li> </ul>	<ul style="list-style-type: none"> <li>Wean out of brace over 2-4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Full AROM and PROM</li> <li>May begin strengthening as needed</li> </ul>