

ORIF WRIST FRACTURE REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

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