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Hip, Knee, Shoulder & Sports Medicine Surgery

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POST-OP DISTAL RADIUS ORIF REHABILITATION PROTOCOL

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2 Goals: Protect the repair	-Leave short arm splint in place until first post-op appointment/first OT appointment -Bag on arm to shower -Non weight bearing	-Elbow and shoulder ROM -Finger ROM as tolerated
Phase 2: Weeks 3-6 Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control	-Remove the short arm splint and transition to short arm Exos brace -Exos brace to be worn at all times except hygiene and OT -May shower after splint is removed, but no soaking until 4 weeks s/p. Pat dry. -No lifting	-Trim suture tails at the skin and replace Steri-strips as needed -Scar massage/desensitization -Begin gentle passive, and active assisted ROM of the wrist and hand
Phase 3: Weeks 7-12 Goals: Full range of motion, minimal pain, improve power and endurance, increase neuromuscular control, dynamic stability, and scapular muscle strength	-Wean to brace for activity only -No lifting greater than 10lbs	-Hand and wrist stretching -Intrinsic hand strengthening -Full passive range of motion, progressing to full active, and active assisted as tolerated -Begin light fine motor activity -Week 8: Begin progressive resistance exercises -Week 8: Begin strengthening and progress as tolerated
Phase 4: Week 13 and onward Goals: Progression of functional activities, advanced sport and recreational activity per surgeon	-Discharge all orthoses -Progress strengthening Criteria for Discharge: -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complaints of instability	-Static and dynamic strengthening exercises -Maintain range of motion -Advance weight training as stable -Return to full sport/labor work at week 16 -Avoid sustained, heavy stress across the joint until 16 weeks