

## Distal Radius ORIF with Locking Plate

**Dr. Staiger**

\*Schedule occupational therapy 3-5 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 3-5	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Custom fit molding a prefabricated forearm-based zipper wrist cock-up orthosis (L3906).               <ul style="list-style-type: none"> <li>○ worn at all times except showers and when performing exercises.</li> </ul> </li> <li>• Instruct in edema management.</li> <li>• Begin active range of motion of wrist, forearm, and hand.</li> <li>• Progress with active assistive and passive range of motion as tolerated.               <ul style="list-style-type: none"> <li>○ If completing PROM using the table/wall, remind client to not bear weight through the hand just rest hand there and hold in place with other hand while moving involved arms elbow to crease wrist motion.</li> </ul> </li> <li>• Enforce client on being NWB with the hand/wrist.</li> </ul> <p>* Attend OT 1-3x/week for ROM, edema control, and splinting.</p>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Pain management</li> </ul>
Phase II 2 Weeks	<ul style="list-style-type: none"> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Continue with above exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• ROM</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op).               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> <li>○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm<sup>2</sup>, 3 MHz) and pulsed (i.e. 20%) setting when over the plate area.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control, pain and scar management, and ROM</li> </ul>
Phase IV 6-8 Weeks	<ul style="list-style-type: none"> <li>• Begin strengthening exercises. (Gentle hand strengthening may begin at 5 weeks post-op).</li> <li>• Begin weaning out of orthosis during the day.</li> <li>• Encourage/reassure client that ROM and strength will continue to improve up to 1 year. Ulnar sided wrist pain is common and typically resolves.</li> <li>• Client continues to be NWB until at least 8 weeks post-op.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>