



## Distal Radius ORIF with Locking Plate

## Dr. Staiger

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

Phase I       • Evaluate and Treat.       • Protection         Post-Op Day 3-5       • Evaluate and Treat.       • Protection         • Dressing change and check for signs/symptoms of infection.       • Edema control         • Custom fit with forearm based zipper wrist cock-up orthosis, to be worn at all times except showers and when performing exercises.       • Instruct in edema management.         • Begin active range of motion of wrist, forearm, and hand.       • Progress with active assistive and passive range of motion as tolerated.       • 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.       • Scar management         • Instruct in scar management techniques (to begin once incision is healed).       • Scar management       • ROM         2 Weeks       • Instruct in scar management techniques (to begin once incision is healed).       • Continue with above exercises.       • Scar management         Phase II       • Instruct in scar management techniques (to begin once incision is healed).       • Scar management       • ROM         3 Weeks       • If used, ultrasound susually completed at a low intensity (i.e. 0.5 W(cm2, 3 MHz) and pulsed (i.e. 20%) setting when over the plate area.       • Continue deema control, pain and scar management, and ROM         Phase IV       • Begin strengthening exercises. (Gentle hand strengthening G-8 Weeks       • Begin weaning out of orthosis during the day.       • P	Time Frame	Treatment	Goals
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