

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"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • 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. <ul style="list-style-type: none"> ○ 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. • Enforce client on being NWB with the hand/wrist. <p>* Attend OT 1-3x/week for ROM, edema control, and splinting.</p>	<ul style="list-style-type: none"> • Protection • Edema control • Pain management
Phase II 2 Weeks	<ul style="list-style-type: none"> • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Continue with above exercises. 	<ul style="list-style-type: none"> • Scar management • ROM
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. ○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm², 3 MHz) and pulsed (i.e. 20%) setting when over the plate area. 	<ul style="list-style-type: none"> • Continued edema control, pain and scar management, and ROM
Phase IV 6-8 Weeks	<ul style="list-style-type: none"> • Begin strengthening exercises. (Gentle hand strengthening may begin at 5 weeks post-op). • Begin weaning out of orthosis during the day. • Encourage/reassure client that ROM and strength will continue to improve up to 1 year. Ulnar sided wrist pain is common and typically resolves. • Client continues to be NWB until at least 8 weeks post-op. 	<ul style="list-style-type: none"> • PREs