

Distal Radius ORIF with Locking Plate

Dr. Lauer

*Schedule occupational therapy 10-14 days post-op (same day clinic follow-up) or
if client is doing well, they may not need to be seen by therapy and may need splint only

Time Frame	Treatment	Goals
Phase I Initial Visit (Same day Clinic)	<ul style="list-style-type: none"> • Evaluate and Treat • Custom fit with an Exos wrist fracture orthosis <ul style="list-style-type: none"> ○ Educate on wear and care instructions • Instruct in edema management • Instruct on HEP <ul style="list-style-type: none"> ○ Gentle AROM wrist, forearm and hand ○ Progress with AAROM and PROM as tolerated • Instruct in scar management techniques • Enforce client on 5# lifting restriction with the hand/wrist • May see client 1x/week for ROM, edema, and splinting 	<ul style="list-style-type: none"> • Edema management • HEP • ROM • Scar management
Phase II 4-8 weeks post op	<ul style="list-style-type: none"> • May use Modalities as indicated <ul style="list-style-type: none"> ○ Ultrasound at 4 weeks post op (low pulsed setting 0.5 w/cm², 3Mhz, 20% duty cycle) ○ Fluidotherapy may be initiated at 2.5 weeks when incision is healed) • Begin gentle grip strengthening around 5 weeks post-op • Continue to progress HEP as tolerated with exercises above • Initiate progressive resistive exercises as tolerated (generally 6 weeks post op) • Begin weaning out of orthosis once cleared by physician 	<ul style="list-style-type: none"> • Progress with HEP • Grip strengthening • Strengthening • Wean out of orthosis