

## Distal Radius fracture with ORIF locking plate

Dr. Widstrom

### ❖ Schedule occupation therapy same day as doctor appointment

Time Frame	Treatment	Goals
Post-Op Day:  Same day as Dr	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Custom fit with an Exos wrist fracture orthosis               <ul style="list-style-type: none"> <li>○ Educate on wear and care instructions</li> </ul> </li> <li>• Instruct in edema management</li> <li>• Instruct on HEP               <ul style="list-style-type: none"> <li>○ Gentle AROM wrist, forearm and hand</li> <li>○ Progress with AAROM and PROM as tolerated</li> <li>○ Tendon glides</li> </ul> </li> <li>• Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> <li>• Scar management</li> </ul>
Phase I:  4 weeks post op	<ul style="list-style-type: none"> <li>• May use Modalities as indicated</li> <li>• Continue progress HEP as tolerated with exercises above</li> <li>• Begin gentle grip strengthening around 5 weeks post-op</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Edema Management</li> <li>• Progress with HEP</li> </ul>
Phase II:  5 weeks post-op	<ul style="list-style-type: none"> <li>• Initiate progressive resistive exercises as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening</li> </ul>
Phase II :  6-8 weeks post op	<ul style="list-style-type: none"> <li>• Begin weaning out of orthosis once cleared by physician</li> </ul>	<ul style="list-style-type: none"> <li>• Update HEP</li> <li>• Wean out of orthosis</li> </ul>