

## Distal Radius ORIF with Locking Plate

Dr. Hiesterman

Time Frame	Treatment	Goals
Post-Op Day 1 week (5-7 days post-op, unless otherwise written)	<ul style="list-style-type: none"> <li>Remove post-surgical dressing, educate on incision care</li> <li>Fit with prefabricated off the shelf wrist cock-up splint to wear at all times except when performing exercises.</li> <li>Begin AROM of wrist, forearm, and hand, Progressing with AAROM as tolerated.</li> <li>Instruct in edema management.</li> </ul>	<ul style="list-style-type: none"> <li>Edema control</li> <li>Pain management</li> <li>Improve ROM</li> </ul>
Phase I (2 weeks post-op)	<ul style="list-style-type: none"> <li>Instruct in scar management techniques in scar pad and massage (to begin once incision is healed).</li> <li>Continue with above exercises.</li> <li>May use modalities as indicated (ultrasound typically not done until 4 weeks post-op)</li> <li>Progress towards gentle PROM as ordered by MD</li> </ul>	<ul style="list-style-type: none"> <li>Scar remodeling</li> <li>Cont to progress with pain free ROM</li> </ul>
Phase II (6-8 weeks post-OP)	<ul style="list-style-type: none"> <li>Begin strengthening exercises</li> <li>Begin weaning out of splint during the day as ordered by MD</li> </ul>	<ul style="list-style-type: none"> <li>Functional use with ADL, IADL tasks</li> </ul>