



Forearm Malunion 3D Osteotomy Post Operative Rehabilitation Protocol

Following Surgery:

- Expect forearm to be immobilized in a long arm splint for 10-14 days.
- Elevate and ice for at least 5 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):

- Sutures will be removed.
- Long arm splint will be replaced by a long arm cast until healing is evidenced on x-rays between 8-12 weeks post op.

8-12 Weeks Post Op:

- Follow up appointment in clinic with M.D.
- Once bone healing is observed (as evidenced by confirmative x-rays with the surgeon):
 - May discontinue long arm cast—instead will be placed in a well-padded clamshell brace.
 - Initiate gentle strengthening.
 - Begin slow progressive rotational movement. (Some patients may require a custom supination/pronation dynamic splint.)
- If bone healing is not confirmed, continue to wear long arm cast. May expect a clinic visit every 6 weeks with new x-rays until fracture healing is observed.

Considerations:

- Final follow up visits will be determined by M.D. considering healing and activities.
- Continue to wear brace until doctor gives approval to discontinue brace.
- When given OK by M.D., may begin passive Range of Motion (ROM) exercises and resume daily activities.