

Distal Radius Fracture Fixation Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical splint until 2 week post op visit.
- Elevate and ice for at least 3 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 medication as needed and as prescribed. Call if any problems or questions arise.

2 Weeks Post Op:

- Follow up appointment in clinic with xrays
- Splint and sutures will be removed.
- Application of short arm cast versus removable wrist splint depending on fracture severity

4 Weeks Post Op (if place in cast):

- Follow up appointment in clinic with xrays
- Cast will be removed and application of removable Velcro wrist splint.
- Expect a new thumb spica cast or Exos brace.

6 Weeks Post Op:

- Follow up appointment in clinic with xrays
- Initiate weaning from splint
- Progressive weightbearing as tolerated

12 Weeks Post Op:

- Follow up appointment in clinic with xrays
- Activities as tolerated
- Anticipate continued improvement in range of motion and strength for up to 1 year