

Radius Shaft Fracture Fixation Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing and long arm splint for 10-14 days.
- 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.

10-14 Days Post Op:

- Bulky dressing, splint, and sutures will be removed.
- Expect a fiberglass long arm cast while the fixation heals for 2-4 more weeks.

6- 8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Cast will be removed and new x-rays will be taken.
- Expect a custom clamshell brace or short arm cast based on x-ray findings.

12 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- If healing has been established (as proven by confirmative x-rays with surgeon), cast or brace will be discontinued.
- If healing has not been established, may expect a clinic visit every 6 weeks with new x-rays until fracture healing is observed. (Occasionally, a CT scan is necessary to verify complete healing.)

Once healing is established:

- Begin therapy appointments focusing on active wrist ROM and gentle passive wrist ROM exercises.
- Initiate slow, progressive strengthening exercises.