

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Distal Radius Fracture – Non-op

Three times per day home exercise program:

Phase 1: Week 0-6

- Sling as needed for comfort
- Edema control:
 - Elevate above heart on pillows while supine
- TID finger, elbow A/AA/PROM
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- Modalities as indicated
- No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Removable wrist brace to be worn as needed
 - Remove for TID therapy and hygiene
- Advance to A/AA/PROM fingers, wrist, forearm and elbow
- Gradual strengthening, putty, isometrics
- Add desensitizing, mirror therapy, dexterity exercises as needed
 - Modalities as indicated
- Add 4 quadrant shoulder A/AA/PROM as needed
- No lifting >5#

Phase 3: Week 12-16 weeks

- Activities as tolerated
 - Independent home exercise program
 - Return to sport
 - Work hardening

More info: twincitiesshoulderandelbow.com/distal-radius-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html