

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Distal Radius Fracture – ORIF

Three times per day home exercise program:

Phase 1: Week 0-6

- Sling as needed for comfort
 - Removable splint x 6 weeks except for TID HEP and hygiene
- Edema control:
 - Elevate above heart on pillows while supine
- TID A/AA/PROM fingers, elbow
- TID A/AAROM wrist and forearm
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs, shoulder ROM
- Gentle scar massage, silicone pads
- Modalities as indicated
- No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Wean from brace
- Advance to PROM wrist and forearm
- Gradual strengthening, putty, isometrics
- Continue scar massage, silicone pads
- Add desensitizing, mirror therapy, dexterity exercises as needed
 - Modalities as indicated
- 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](http://twincitiesshoulderandelbow.com/distal-radius-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html)