

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Forearm Fracture – ORIF

**Three times per day home exercise program:**

Phase 1: Week 0-6

- Sling as needed for comfort x 2 weeks, then wean from sling
- Edema control:
  - Compressive stocking
  - Elevate above heart on pillows while supine
- TID finger, wrist, forearm, elbow pronation / supination A/AA/PROM
  - Consider OT provided removable night splint in 60° supination
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- No lifting > 5#, no pushing or pulling against resistance

Phase 2: Week 6-12 weeks

- Advance to more aggressive elbow A/AA/PROM
- Add 4 quadrant shoulder A/AA/PROM as needed
- No lifting >10#

Phase 3: Week 12-16 weeks

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

More info: [twincitiesshoulderandelbow.com/forearm-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/forearm-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html)