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## **DISTAL RADIUS/DISTAL ULNA FRACTURE ORIF PROTOCOL (Dr. Sean Griffin)**

### **Weeks 1-4**

- Sling is only needed until the nerve block has worn off. Wear the postop splint full time for 2 weeks.
- At 2 weeks, patient will be placed in a removable splint up until 6 weeks postop. Remove splint for bathing and for exercises.
- Sleep in splint with arm straight on pillows with arm elevated for edema reduction.
- No aggressive or forced passive range of motion until x-rays show full union of fracture.
- No pushing or pulling with affected wrist.
- Range of motion of elbow and shoulder as tolerated.
- Exercises:
  - Gripping and finger ROM exercises as tolerated.
  - Wrist pronation and supination with elbow at side (@90°) as tolerated.
  - Wrist flexion/extension and UD/RD as tolerated, no resistance
  - Shoulder isometrics (flexion, abduction, ER, IR) with resistance proximal to fixation
- Ice and modalities as needed for pain and swelling.

### **Weeks 4-6**

- Follow up with Dr Griffin at 6 weeks postop. Continue wearing the splint.
- Range of motion as tolerated in all planes; No aggressive or forced passive range of motion until x-rays show full union of fracture.
- Exercises:
  - Add light resistance to wrist flexion, extension, supination, pronation, radial deviation, and ulnar deviation.
  - Add light resistance to bicep curls and tricep extension.
  - Progress rotator cuff and shoulder strengthening exercises
  - Initiate UBE - if pain free
- If pain level is not decreasing, decreased intensity and volume of exercise.
- Modalities for pain, as needed.

### **Weeks 6-9**

- Range of motion to WNL's as tolerated in all planes.
- Exercises:
  - Progress shoulder and scapular strengthening program.
  - Progress wrist and elbow strengthening program.
- Modalities for pain as needed.

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### **Weeks 9-12**

- Continue stretches towards normal ROM
- Exercises:
  - Gradually introduce sport specific throwing activities
  - Start with two hand throwing drills with hands close to the body (ex. Chest pass) and progress to drills with hands away from the body (ex. Overhead throw)
- Progress only without increase signs of inflammation
- Modalities as needed for pain

### **3-6 Months**

- Continue stretches and mobilizations as needed to maintain full ROM
- Exercises:
  - Advance shoulder, elbow, and wrist strengthening program.
  - Initiate one hand throwing activities: wall dribble, baseball throws, throwing program, hitting program
  - Progress to light work simulation at 4-5 months or as requested by physician
  - Sports specific training