

### **ORIF Distal Radius Fracture**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Patient typically splinted for 7 days. In some cases a cast is used for 3-4 weeks.

Post Immobilization or when referred from physician

- Wrist splint

- A/PROM of digits

- Shoulder and elbow ROM

- AROM—wrist and forearm

- May progress to gentle AAROM of wrist and forearm as tolerated by patient

When X-rays show fracture is healed:

- Strengthening program initiated per physician

  - Putty

  - Weights

- Functional activities