



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Forearm Fracture Non-Op**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: 0-3 weeks**

Cast

**Phase II: 3-6 weeks**

Remove cast and use a removable moulded long cock-up wrist splint  
Continue non-weight bearing activities: May type and write. No lifting, pushing, pulling, or driving/ operating  
Elbow and Wrist-active and active assisted range of motion, No passive stretching  
Shoulder and fingers: Active range of motion  
Edema control  
Modalities prn  
Home exercise program

**Phase III: 7-12 weeks**

Wean off the splint over the week  
Aim for achieving maximum range of motion of joint above and below –elbow flexion and extension, wrist flexion and extension, forearm supination and pronation. End range passive stretching allowed  
Allow light weight bearing activities at 6 weeks, no heavy lifting, pushing or pulling  
Home exercise program

**Phase IV: 3 months and beyond**

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

Allow unrestricted activity with the upper extremity  
Gradually introduce heavy lifting  
Avoid contact sports till 6 months

**Modalities**

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

**Comments:**

**Frequency:**   2   times per week

**Duration:**  12  weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_