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REHAB PROTOCOL: ORIF Radius and Ulnar Shaft Fracture

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: 0-14 days

Postop posterior splint including the wrist
Non-weight bearing to operative extremity
Patient encouraged to move fingers through full range of motion
Elevation and ice encouraged for edema control.

Phase II: 3-6 weeks

Remove posterior splint and use a removable moulded long cock-up wrist splint
Start scar massage with lotion/ silicone pads 48 hours after stitches are out
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

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Allow light weight bearing activities at 6 weeks, no heavy lifting, pushing or pulling
Home exercise program

Phase IV: 3 months and beyond

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: _____