

UVA HAND CENTER - THERAPY

ORIF for Well Fixed Distal Radius Fractures - Therapy Protocol

Physician	Remove post op dressing, place in splint, digit ROM	Start wrist AROM	Start wrist PROM	Start Grip strengthening	Start Wrist and forearm strengthening	Notes
Chhabra	3-5 days	3-5 days	10-14 days	4-6 weeks	8 weeks	For rigid volar plate, can start gentle PROM as early as 3-5 days if tolerated by the patient.
Dacus	10-14 days	2 weeks	2 weeks	4 weeks	6 weeks	Place in futuro splint after seeing the provider
Deal	3-5 days	2 weeks	2 weeks	4 weeks	6 weeks	Comminuted intra-articular fx ORIF- leave post op dressing in place
Freilich	3-5days	10-14 days	2 weeks	4-5 weeks	6-8 weeks	

Physician	Suture Care	Exposed pin care
Chhabra	Keep clean and dry. Able to allow sutures to get wet in shower following suture removal. Do not soak.	2x daily-50% saline and 50% hydrogen peroxide solution
Dacus	Keep clean and dry. Able to allow sutures to get wet in shower following suture removal. Do not soak for 3 days.	Do not clean.
Deal	Keep clean and dry. Able to allow sutures to get wet in shower following suture removal. Do not soak.	1x daily-50% saline and 50% hydrogen peroxide solution
Freilich	Keep clean and dry. Able to allow sutures to get wet in shower following suture removal. Do not soak.	1x daily-50% saline and 50% hydrogen peroxide solution
Morgan	Keep clean and dry. Able to allow sutures to get wet in shower following post op dressing change. Do not soak.	1x daily- hydrogen peroxide
Drake	Keep clean and dry. Able to allow sutures to get wet in shower following post op dressing change. Do not soak.	1x daily-50% saline and 50% hydrogen peroxide solution