

Distal Radius Post-Operative Protocol

0-2 Weeks: Maintain splint for 2 weeks while your incision heals. When lying or sitting down, make sure to elevate the extremity above the level of the heart to decrease swelling and this will help with pain control (wrist above the elbow and elbow above the heart). At this stage it is okay to perform passive and active range of motion of your fingers to prevent stiffness and to decrease swelling.

Passive Exercises are provided below:

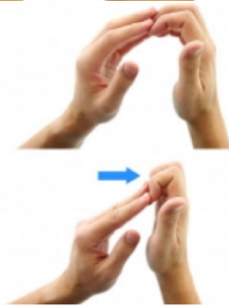
Use your uninjured hand to help push the big knuckles down and the tips of the fingers in toward the palm. If all fingers are stiff, do each individually.

**Hold 30 seconds. Repeat 4 times to each stiff finger.
Do 3 times a day.**








Use your non injured hand to push the affected finger(s) in and back so that only the top two joints bend.

Hold 30 seconds. Repeat 4 times. Do 3 times a day.



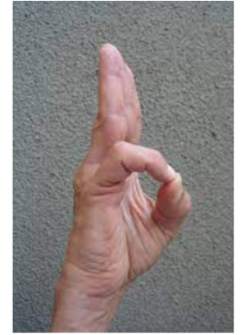
Active Exercises are provided below:

Exercise	1	2	3	4	5
Position					
Advice to patient	Straighten your fingers. Keep your wrist straight.	Curl your fingers into a 'hook' fist. Keep your wrist straight.	Make a full fist. Keep your wrist straight.	Make a fist, but keep the tips of each finger straight. Also keep your wrist straight.	Bend your knuckles into a 'table top' position. Keep your wrist straight.

Sourced from: Miller, Lauren, et al. "No difference between two types of exercise after proximal phalangeal fracture fixation: a randomised trial." *Journal of Physiotherapy* 62.1 (2016): 12-19



Thumb range of motion exercises: Minimum three times per day. You may use your other hand to assist. Begin by touching your thumb to the tip of your pointer finger, then middle, ring, and small finger. Once you can touch the tip of your small finger slide the thumb down the finger towards the palm as far as you can. Hold the stretch for 30 seconds and then release.

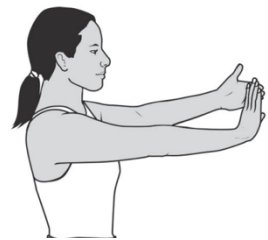


Active thumb touches

2-6 Weeks: It is now okay to begin removing your wrist brace 3-5 times per day to perform passive and active wrist range of motion as shown below:

Wrist Flexion and Extension

Lock your elbow in extension and use your other hand to bend back your wrist until maximal stretch is felt. Hold for 30 seconds then release.



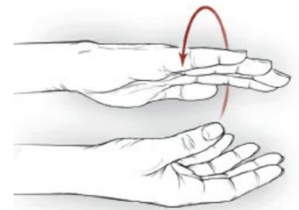
Lock your elbow in extension and use your other hand to bend your wrist forward until maximal stretch is felt. Hold for 30 seconds then release.



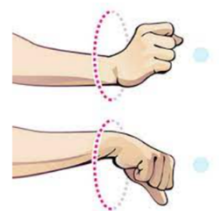
Perform exercises 4 times a day and complete 3 repetitions per session of each stretch.

Wrist Rotation

Begin in a seated position and bend the elbow to 90 degrees. Gently rotate your arm so that your palm faces towards the ceiling. May use your other arm to assist. Hold for 30 seconds then release. Next, rotate your arm so that your palm faces towards the floor. Hold for 30 seconds then release.



Next, being wrist circles, perform 10 circles in a clockwise direction followed by 10 in a counterclockwise direction.



Active wrist circles

6-12 Weeks: Discontinue brace but maintain a 5lb lifting restriction

12+ Weeks: Return to activities as tolerated, no lifting restrictions