HaysMed

Wrist Fracture (Post-Op Plate)

General Principles:
This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

PHASE I: (Immediate Post-Op)
Make a splint first visit for the patient to wear at all times other than exercise (wrist cock-up)
Week 1

1. AROM for the fingers: Tendon Glides
2. Can initiate AAROM with the ball, long handled sponge, towel scrunches and any light pick up activities (i.e. river rocks, marble, nuts/bolts and pegs)
3. Begin AROM for the wrist : Pronation/Supination,
   Flexion/Extension
   Radial/Ulnar Deviation
4. Passive ROM per physician specification only
5. Educate on edema management techniques
6. Can apply heat after initial edema subsides prior to exercise

Week 2

1. Continue with AAROM and AROM activities for the wrist
2. Continue PROM per physician specification

PHASE II: (strengthening)

Week 3

1. Initiate tan (soft) putty for grip strengthening

Week 4

1. Can begin gentle strengthening for the wrist with 1 lb. all planes
2. Can use Velcro board for an activity of resistance

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