



# Town Center

## ORTHOPAEDICS

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### *Distal Radius Fracture (stable/non-operative protocol)*

- Elevate and Ice the splint rigorously, 20 minutes on, 20 minutes off during the day to reduce the swelling. NSAIDs as needed. Begin finger ROM and gentle shoulder movements.
- Repeat X-ray in clinic out of splint. Switch to cast vs. removable wrist brace. Start elbow ROM (flexion, extension, rotation) and continue finger ROM. Patient education for Vitamin D/Calcium, DEXA scan/fragility fracture workup, smoking cessation.
- Repeat X-ray at 1-2 weeks after injury. Continue wrist immobilization if fracture alignment stable and work on finger+elbow motion until normal.
- Repeat X-ray at 6 weeks. If fracture alignment stable with evidence of early healing and callus formation, start gentle active wrist ROM. Come out of brace 3-5 times a day for wrist ROM exercises. No lifting/pushing/pulling > 5 lbs.
- Repeat X-ray at 10 weeks. Wean out of removable splint and begin PASSIVE wrist ROM as well. Begin strengthening as tolerated. No lifting/pushing/pulling > 10 lbs for 2 more weeks. Start work conditioning if manual labor occupation or return to sport protocol.
- 3-6 months: Advance strengthening and lifting as tolerated. Full function usually takes at least 6 months and up to 2 years to achieve.