



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: Distal Radius Fracture

- Start finger, elbow, and shoulder ROM immediately after surgery. Elevate as much as possible. No lifting/pushing/pulling with hand.
- Follow up with me 10-14 days after surgery. Hand therapy for custom removable wrist splint. OK to come out of splint for hygiene and active ROM exercises: flexion, extension, supination, pronation. Lift < 2lbs.
- Exceptions: if tenuous fixation, start wrist ROM at later date per surgeon.
- 2-6 weeks: Continue splint, hand therapy, and active wrist ROM exercises. Include intrinsic stretches. Continue passive finger, elbow, shoulder ROM until normal. Scar desensitization. Lift < 5 lbs.
- 6 weeks: Wean out of splint. Begin strengthening and passive ROM. Lift < 10 lbs or 3 lbs if repetitive motion.
- 3 months: OK to return to full duty manual labor or contact sports