



# Town Center

## ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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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 hand therapist 5-7 days after surgery and change to removable wrist splint. OK to come out of splint for hygiene and daily ROM exercises. Start gentle active wrist ROM: flexion, extension, supination, pronation. Lift < 2lbs.
- Exceptions: if tenuous fixation, start wrist ROM at later date per surgeon.
- Follow up with me at 10-14 days. Remove sutures and apply steristrips.
- 2-6 weeks: Continue hand therapy with active wrist ROM exercises. Wear custom splint for activities and at night. Include intrinsic stretches. Continue finger, elbow, shoulder ROM until normal. Scar desensitization. Lift < 5 lbs.
- 6-12 weeks: Wean out of splint. Begin strengthening and passive ROM, lift < 10 lbs or 3 lbs if repetitive motion.
- Start work conditioning or return to sport program at 8 weeks.
- OK to return to full duty manual labor or contact sports at 3 months.