



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Forearm Fracture

- Start finger ROM immediately after surgery. No lifting/pushing/pulling with hand. Keep splint on until follow up. OK to remove sling for elbow ROM.
- 7-10 days: Follow up with me for x-rays and wound check. OT for removable functional forearm brace. OK to come out of splint for hygiene and daily ROM exercises. Start gentle active wrist and forearm ROM. Lift < 2lbs.
- 4 weeks: Start scar massaging and desensitization. Continue active ROM until normal. Lift < 5 lbs.
- 6 weeks: X-rays. Discontinue splint except with heavy activities. Begin strengthening and passive ROM. Lift < 10 lbs or 3 lbs if repetitive motion.
- 10 weeks: start work conditioning or return to sport program
- 4 months: OK to return to full duty manual labor or contact sports