

# Physical Therapy Prescription

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Hand and Upper Extremity Surgery

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## Distal Radius ORIF Protocol

Surgical Date:

Side:  Right  Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b> <b>Weeks 0 – 2</b>	Edema and pain control Protect Repair	Splint at all times  Keep dry in shower	Hand and digital ROM Shoulder/elbow ROM isometrics 6 pack exercises elevation
<b>Phase 2:</b> <b>Weeks 2-6</b>	Edema/ pain control	Removable wrist brace all times  OK to remove for hygiene/ exercises  No lifting > 1 lbs	Gentle flexion/extension exercises Wrist pronation/supination Hand/digital ROM Scar desensitization Modalities PRN
<b>Phase 3:</b> <b>Weeks 6-12</b>	Full ROM	Removable wrist brace for vigorous activities  No lifting > 5 lbs	A/AA/PROM no limits Continue desensitization Hand/wrist strengthening Emphasize end range flex/ext/pronation/supination Modalities PRN
<b>Phase 3:</b> <b>Weeks 12+</b>	Strengthening End-range ROM	OK to resume sport Brace for contact activities	Strengthening Activity incorporation Monitor for tendinitis Modalities PRN

Treatment:  1-2  2-3 times per week for \_\_\_\_ weeks.  Home Program

Physician's Signature: \_\_\_\_\_

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