



Distal Radial Fractures Treated with Volar ORIF AGGRESSIVE PROTOCOL

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- **DAYS THREE – FIVE:**

- Finger, Elbow, & Shoulder Active Range Of Motion
- Wrist & Forearm Active Range Of Motion
- Finger Passive Range of Motion
- Edema Control
- Custom Splint (30° Wrist Extension)
 - Splint may be Removed for Hygiene, dressing, eating and exercises

- **TWO WEEKS:**

- Wrist & Forearm Passive Range of Motion
- Isometrics
- Light Putty Strengthening

- **THREE WEEKS:**

- Weaned from Splint

- **FOUR WEEKS:**

- Isotonic Strengthening
- Medium Putty Strengthening
- Discontinuation of Splint Use

- **SIX WEEKS:**

- Heavy Putty Stengthening

- **TWELVE WEEKS:**

- Study Visit For Measurements

- **SIX MONTHS:**

- Study Visit For Measurements

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