

FORCE ORTHOPAEDICS HAND PROTOCOLS

DISTAL RADIUS WITH EXTERNAL FIXATION AND /OR PERCUTANEOUS PINNING:

- **Initial Visit:** Removal of post-op dressing; application of steri-strips and stockinet. Patient instructed in pin care, edema control, forearm ROM (unless otherwise stated), A/PROM of digits and AROM of the elbow and shoulder. Fabrication of a WCU in position of support and comfort.
- **2nd Visit:** 4-6 weeks post-op when external fixators and pins removed; initiate AROM of the wrist.
- **3rd Visit:** AROM; PROM initiated at 7 weeks post
- **4-6 Visits:** ROM; progress to light putty exercises at 8 weeks post-op
- **7-12 Visits:** ROM; progressive strengthening, functional activities and weights.

*****Any of the progressions may be delayed or accelerated because of pain and/ or ROM progression. Therapy is 1x/week unless patient is not progressing as expected.**