



Distal Radius Open Reduction and Internal Fixation

Therapy Instructions - Bridge Plate Protocol

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2-6 weeks

Focus on recovery of finger, then wrist, motion within the early postoperative period.

Splint:

-A cast will be in place; do not remove.

Motion:

- AROM/AAROM/PROM of the fingers and elbow.
- Extensor tendon gliding exercises.
- Gentle AROM pro/supination.
- 2 lbs lifting restriction.

Edema Control:

-Per therapist.

6 -10 weeks

Gentle strengthening is incorporated at this time.

Splint:

-Fashion removable short-arm volar wrist splint to be used full-time, including with motion exercises.

Motion:

- Transition to home program focusing on finger motion.
- 5lbs lifting restriction in the brace at 8 weeks.

Edema Control:

Per therapist

14-20 weeks

Patient will undergo bridge plate removal at 10-12 weeks, then re-start therapy for wrist range of motion 2 weeks after plate removal.

Splint:

- Use splint on an as-needed basis for the first 4 weeks after plate removal.
- Wean from use, with the goal to discontinue the splint by 4-6 weeks after surgery.

Motion:

- Begin wrist and forearm AROM/AAROM/PROM.
- Continue finger motion as needed.
- 5 lbs lifting restriction 2 weeks after, and 10-15 lbs lifting restriction 4 weeks after plate removal.
- No restrictions after 20 weeks.