

Wrist Fracture

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Initial rehab will depend of the severity and location of the fracture. If fixed with ORIF rehab will be more aggressive. If not fixed with ORIF the patient will be immobilized for up to 6 weeks.

Phase I: 0 – 6 weeks

Goals for Phase I:

1. Pain and swelling control
2. Normal ROM of non-involved joints
3. Full finger ROM (full composite fist)

- A. Orthotics: Patient is immobilized in cast or splint.
- B. ROM: ORIF: Begin wrist AROM at beginning of 4th week. Gentle A/PROM of non-involved joints. If wrist is not fixated, then do not begin wrist ROM for 6 weeks unless otherwise specified on PT order. Finger A,AA,PROM should be prioritized with both scenarios.
- C. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
- D. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase II: 6 – 9 weeks

Goals for Phase I

1. Functional ROM
2. Functional strength
3. ADL's with minimal difficulty

- A. Orthotics: Gradually discontinue use of wrist splint. (wear for fall risk activities)
- B. ROM: A/AAROM of wrist, Gentle PROM as tolerated. Increase intensity of stretching if marked "healed" Fx on order. Continue aggressive finger ROM if needed.
- C. Strengthening: Begin gentle strengthening; start with AROM, progress to PRE's as tolerated.
- D. Functional activities: Use hand for ADL's as tolerated.
- E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase III: 9-12 weeks

Goals for Phase III:

1. Good strength
2. Begin work/sports activities

- A. ROM: Continue PROM/AROM as needed
- B. Strengthening: More aggressive PRE's, weights, thera-band etc.
- C. Functional activities: Work and sports activities as tolerated

Phase IV: 12 weeks to release

Goals for Phase IV:

1. Release to work or sports

- A. Continue strengthening/conditioning/functional activities as needed