

Rehabilitation Protocol: Forearm / Wrist Fracture Repair (Radial/Ulnar Shafts, Distal Radius)

Phase 1 (Weeks 0-1)

- Splint/sling worn full-time
- Work on finger motion
- No formal physical therapy

Phase 2 (Weeks 1-6)

- **Sling:** Discontinue splint/sling
- **Brace:** Removable wrist brace can be worn initially for comfort and support but should be removed regularly for range of motion. Discontinue brace entirely at Week 4.
- **Range of Motion:** Active, Active-Assist, and gentle Passive ROM to elbow/forearm/wrist/hand
- **Therapeutic Exercises:**
 - 0.5 lb. lifting restriction with operative arm
 - Tendon mobilization
 - Avoid direct manipulation/pressure on surgical site(s)
 - Stationary bicycle and light jogging

Phase 3 (Weeks 6-8)

- **Range of Motion:** Continue to advance ROM exercises without restriction
- **Therapeutic Exercises:**
 - Advance to 5 lb. lifting restriction with operative arm
 - Advance to light gradual resistance
 - Therabands, transitioning to light weights over time
 - May use elliptical trainer without applying force through the operative arm

Phase 4 (Weeks 8-12)

- **Range of Motion:** Continue active/passive ROM exercises. Become more aggressive with passive ROM if needed.
- Progress to gradual full weightbearing/lifting with the operative arm
- Okay to return to running and road biking
- Once cleared by Dr. Gross (usually no earlier than Week 12), may return to team sports, mountain biking, climbing, skiing/snowboarding, etc.