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Open Reduction, Internal Fixation of Distal Radius Fracture

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Phase I: (0 to 2 weeks after surgery)

Goals: limit pain. ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures will dissolve on their own.

Phase II: (2 to 6 weeks after surgery)

Goals: Initiate ROM

1. Begin active, active assisted and passive wrist flexion, extension, pronation, supination and deviation without limitation.
2. Remain non weightbearing.
3. Wear nocturnal extension splint to prevent irritation
4. May shower and get incision wet.

Phase III: (6 to 12 weeks after surgery)

Goal: Progress ROM and initiate strengthening.

1. Advance active and passive ROM in all planes to tolerance.
2. Initiate slow progressive strengthening of hand and wrist under therapy guidance