

**Radius/Ulna (Both-Bone) Open Reduction and Internal Fixation Therapy Instructions - Early  
Motion Protocol**

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**0-6 weeks**

- Focus on recovery of finger, then wrist, motion within the early postoperative period.
- Initially you will be placed in a splint. Keep your splint clean/dry
- Your first postoperative appointment will be within 7-10 days
- Initially you will have a splint on postoperatively, at your first appointment in clinic you will be converted to a cast for 2-3 weeks or you will have a removable forearm fracture brace along the full length of the forearm holding the wrist in 20-30 degrees of extension

Motion (unless in long arm cast):

- Focus on AROM/AAROM/PROM of the fingers and elbow
- From 2-6 weeks: Limited to a 1-2 lbs lifting restriction.

Edema Control:

- Coban, digit sleeves, ACE wrap, edema modalities per therapist (if applicable)

**6 -10 weeks**

- Gentle strengthening is incorporated at this time.

Splint:

- Wean from splint by 8 weeks after surgery.

Lifting restrictions timeline:

0-4 weeks: NON weight bearing

4-8 weeks: 2 pound restrictions (coffee cup)

8-10 weeks: 5 pound restrictions

10-12 weeks: 15 pound restrictions

-Transition to home exercise program at 8-10 weeks (if applicable)

**\*\*No restrictions after 12 weeks.**