

## **Distal Radius Fracture – Volar Plating**

### **10-14 Days:**

Splint: The patient is seen in the office and the splint is removed. Sutures are removed and a cast is applied.

Motion: Full active and passive range of motion of the digits is emphasized.

The immobilization above is continued with no wrist range of motion until 6 weeks post-operatively. Then, both active and passive motion commences.

**6 Weeks:** If patient demonstrates union:

Cast: Cast is removed and a removable wrist brace is used for six weeks.

Motion: Therapy is initiated beginning with passive/active ROM. Static splinting is utilized starting at 10 weeks if needed

### **10 Weeks:**

Full activity as tolerated without immobilization