

<u>MATTHEW J. DUBIEL M.D.</u> Shoulder and Elbow Surgery

WWW.MDUBIELMD.COM



WRIST FRACTURE ORIF PT

PT PROTOCOL

- , GRADUAL MOTION PROGRAM
 - , FLEXION/SUPINATION/PRONATION AT TWO WEEKS POSTOP
 - , EXTENSION AT THREE WEEKS POSTOP
- , Gradual Strengthening Program
 - , Begin at 6-8 weeks postop
 - , WEAN FROM SPLINT/BRACE