



REHABILITATION

ORIF distal radius

You have had surgery to fix the fracture of your distal radius bone, next to your wrist.

It is important that you now work on regular exercises in order to regain the best function in your wrist and hand.

The effort you put into your exercises will significantly affect the end results you get following this surgery. People vary in their recovery from this surgery but the following is an outline of an average rehabilitation programme.

Week 0-2 after surgery

Immediately after your operation it is important to start bending and straightening your fingers and thumb as your dressings allow. You can use your other hand to

Finger Extension and Flexion

Straightening and bending the fingers using the other hand to help with a gentle stretch.

These pictures show the first dressings in place, as applied in theatre.

increase the range of movement you can achieve. This may feel uncomfortable but try and complete **ten sets of each stretch every 2 hours** if you can.

Keep your arm elevated, between exercise sessions, to reduce the swelling.

Regularly move your elbow and shoulder to keep those joints mobile.



Week 3 - 6 after surgery

During the first 2 weeks after your operation you will be seen in clinic for a wound check. You will be given a removable splint, for support. Wear the splint at night and when you go out in crowded situations until week 4.

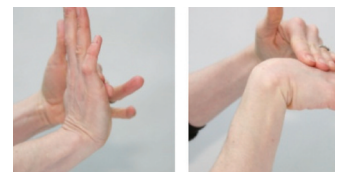
You may use the hand for light activities including turning pages, eating, folding light laundry, tying a shoe, buttoning and typing but don't load the wrist heavily.

You can return to driving when you feel confident and in control of the car.

Complete the following exercises 10 times each every 2 hours during the day.

Wrist Flexion/Extension

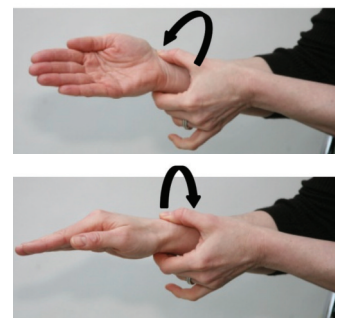
Bend and straighten the wrist until you feel a stretch in each direction. Use your other hand to apply a gentle stretch in each direction, holding the stretch for 10 seconds in each direction.



Pronation and Supination

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces

upwards and then downwards in turn. If this is stiff use your other hand to apply a gentle stretch in each direction, holding the stretch for 10 seconds in each direction.

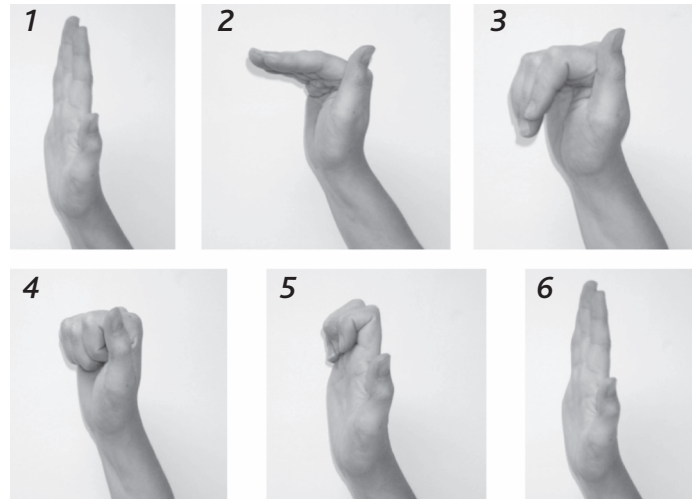




REHABILITATION

Tendon Gliding

Complete as a sequence, as numbered



Scar Massage

Apply deep circular massage with firm pressure 4 to 5 times daily for 5 minutes to the scar and surrounding area. You may use a non-scented moisturiser to help with this and to soften the skin.

Week 6-12 after surgery

You may start using the hand and wrist for most normal activities.

Continue to work on your exercises and scar massage to improve your range of motion, aiming for normal motion compared to the other wrist/hand.

Gradually build up the strength in your wrist and hand.

You should avoid very heavy loading or contact sports (such as rugby) until 12 weeks have passed since your surgery.

You may see continued improvements in your function until up to a year after your operation.