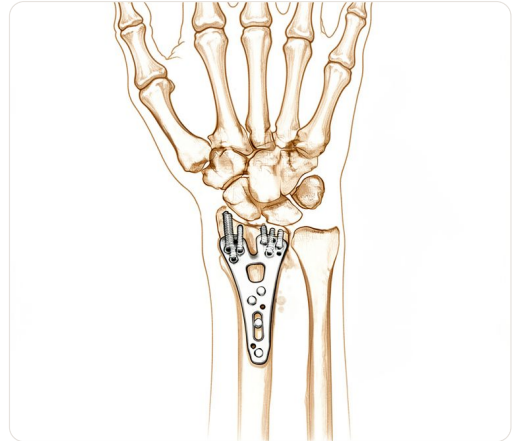


# Distal Radius Fracture (ORIF)

A plate and screws holding the radius after a wrist fracture.

Kieran Hirpara 4.0



This protocol guides your recovery after surgical fixation of a distal radius (wrist) fracture – open reduction and internal fixation (ORIF) – with Dr Kieran Hirpara at Mater Private Hospital Rockhampton. It begins with your home exercise program, followed by the structured clinical protocol written **for your physiotherapist or hand therapist** – bring this page or its PDF to your first therapy visit so your rehabilitation stays coordinated. Your therapist may adjust the plan depending on how your recovery progresses.

If you have any concerns about your wound after surgery, get in touch with the rooms. It is often helpful to take a photo of the wound and email it for review.

## What to expect

For wound, swelling and scar management, see the practice's [wound care](#) guidance.

Following your surgery, you may be referred to a hand therapist for fabrication of a thermoplastic splint. In this situation, the splint will be worn temporarily for comfort and protection, and you will still be required to remove the splint for your home exercise program. If you are referred for a splint, you will receive more information regarding wear and care.

The exercises below are essential for regaining range of motion of your fingers, wrist and forearm. Heat and ice are good modalities often used for regaining movement, restoring function and improving comfort. Once the wound is healed, you may apply heat prior to exercises; an ice pack may be used afterwards to prevent or settle inflammation.

Scar management – particularly massage – is very important after distal radius surgery, so that the tendons running beneath the incision keep gliding freely and do not become stuck down (adherent) to the healing scar.

A volar locking plate is designed to hold the fracture firmly enough for movement to begin early, and this protocol is built around that. Research comparing early wrist movement with several weeks of immobilisation after volar plate fixation shows that starting motion early can improve short-term movement, grip and comfort without compromising the position of the fracture [1][2]. At the same time, trials comparing wrist motion

started at about two weeks with motion started at about six weeks found the two groups were similar by three to six months [3] – so while there is an early benefit, there is no need to rush, and the steady progression set out below is well supported. Bone healing follows its own timeline regardless of how the wrist feels, which is why the later precautions – no weight-bearing, heavy lifting or contact sport until 12 weeks after the fracture – are kept even once movement is comfortable.

## Precautions and limitations

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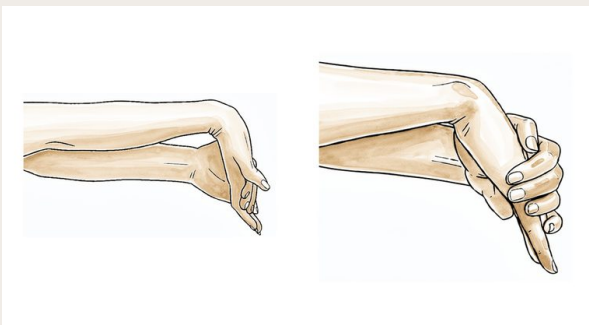
Light functional use of your hand is encouraged for daily living tasks such as self-care, feeding, dressing, writing and typing.

It is important to avoid lifting, gripping, weight-bearing and impact for up to 8 weeks after your operation. Gentle strengthening is introduced gradually from about week 4 – beginning with light finger work and muscle-activation (isometric) wrist exercises – and is built up carefully so that it does not undo this early protection.

These are the exercises from your handout, for regaining movement of your fingers, wrist and forearm. If you have a splint, remove it for your exercises. Start them as guided by Dr Hirpara and your therapist.

## Your exercises

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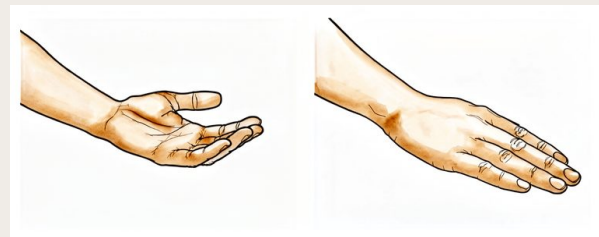


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### Wrist flexion / extension

Rest your elbow on a table and gently rock your wrist back and forth (or rest it over the edge of a table or armchair, as pictured). Once more comfortable, use your other hand on the palm to push the wrist backwards (fingers pointing to the ceiling), then the other way (fingers pointing to the floor), keeping the fingers loose. Hold each stretch for 15 seconds.

**10 times each direction, 4 times daily**

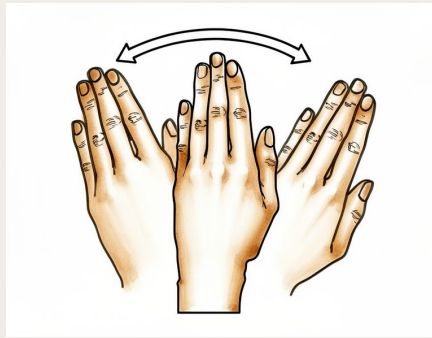


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### Forearm rotation (pronation / supination)

With your elbow by your side and your forearm in a neutral position (thumb up), gently rotate your palm up towards the ceiling (supination), hold for 3–5 seconds, then return to neutral. Repeat palm down towards the floor (pronation). Don't let your elbow come away from your body. You may assist the movement with your other hand, held at wrist level.

**10 times each direction, 4 times daily**

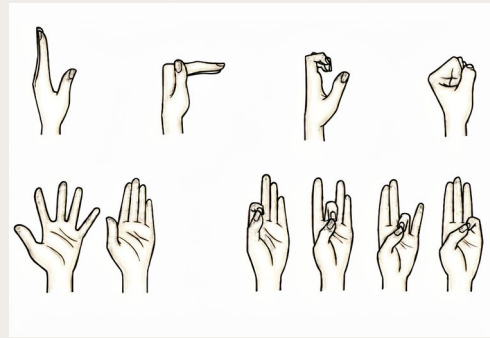


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### Ulnar / radial deviation

Place your hand and forearm on a flat surface. Keeping your forearm still, gently move your wrist and hand from side to side (as pictured).

**10 times, 4 times daily**



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### Six pack hand exercises

With your hand in front of you and your wrist straight, work through the six positions shown: straight fingers; “tabletop” (bend at the bottom knuckles, fingers straight); “hook” (bend the fingertips, knuckles up); tight fist with the thumb over the fingers; fingers spread then back together; and thumb to each fingertip, from index to little finger.

**5–10 of each, 2–3 times a day; progress as tolerated**

## Your clinical protocol

The rest of this page is the accelerated clinical protocol for a distal radius fracture treated with open reduction and internal fixation with a volar plate. This section is to be provided to your physiotherapist or hand therapist, and each phase below opens with a plain-English explanation of what is happening.

## Days 1–4 after your operation

In the first few days the focus is on protecting the fixation, settling swelling, and keeping your fingers, wrist, forearm, elbow and shoulder moving. Your surgical bandage stays in place until day 3, when it is reduced and the wound is redressed. Keep the hand elevated when resting, use it for light everyday tasks (under 1–2 kg) within comfortable limits, and avoid weight-bearing through the arm, tight gripping or lifting. A splint is not routinely needed, but one can be arranged if you are returning to work or the wrist is more painful.

### For your physiotherapist:

*Prior to treatment, check the patient’s x-ray, operation report and past medical history (PMHx), and liaise with the treating surgeon regarding the stability of the fixation of the fracture and the likely prognosis.*

### Education and precautions

- Avoid weight-bearing through the arm, tight gripping or lifting
- Encourage use of the affected hand for light (less than 1–2 kg) activities of daily living (ADL) tasks within pain limits and normal movement patterns

### CQ HAND + UPPER LIMB

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## Management

- Splint: nil required, but may be utilised if the patient is returning to work or in the presence of increased pain – consider a thermoplastic splint or off-the-shelf support
- Wound: surgical dressings/bandage to be left intact until day 3; debulk bandage and redress wound from day 3 post-operation; education regarding wound management
- Oedema: provide education regarding elevation; provide compression therapy and retrograde massage as required
- Exercises: provide active six pack exercises to maintain finger range of motion (ROM); provide active wrist, forearm and finger range of motion exercises; encourage regular active elbow and shoulder ROM

## Week 2–4 after your operation

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Your sutures come out at day 10–14, and scar massage begins once the wound has healed enough. The exercise program continues – the six pack exercises stop once your fingers regain full movement – and gentle muscle-activation (isometric) wrist strengthening starts. During this phase the wrist should still move only under its own muscle power: no one, including you, should push or stretch it passively yet, as the fracture is still uniting. Keep avoiding weight-bearing, tight gripping and lifting; light everyday tasks under 1–2 kg are encouraged. You must not drive while your wrist is in a splint – driving resumes once you are out of the splint, as confirmed at your review.

### For your physiotherapist:

#### Assessments

- Self-reported assessments: Patient-Rated Wrist Evaluation (PRWE), Disabilities of the Arm, Shoulder and Hand (DASH)
- Oedema circumferential measurements
- Visual analogue pain scale (VAS) or numerical rating scale
- Active range of motion (AROM) goniometry measurements – hand, wrist
- Subjective review, including the patient's compliance with the regime, functional use of the hand in ADL tasks, and problems/concerns

#### Education and precautions

- Avoid weight-bearing through the arm, tight gripping or lifting
- No passive wrist movement
- Encourage use of the affected hand for light (less than 1–2 kg) ADL tasks within pain limits and normal movement patterns
- No driving while in a splint; driving resumes once out of the splint, confirmed at review

## Management

- Wound/scar: removal of sutures at day 10–14; commence scar management as appropriate, dependent on healing progress
- Oedema: consider use of compression bandaging, retrograde massage, manual oedema mobilisation (MEM), contrast bathing and/or elevation if required
- Exercises: cease active six pack exercises once full finger range achieved; consider passive finger and thumb exercises, including place/hold, if active ROM not full in the hand; continue active wrist ROM exercises; encourage regular active elbow and shoulder ROM; commence wrist isometric strengthening

## Troubleshooting

- Monitor for signs of wound infection, sensory changes in the hand, or early signs of complex regional pain syndrome (CRPS)
- Identify aberrant movement patterns and intervene as required

## Week 4–6 after your operation

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Strengthening starts gently in this phase: low-resistance finger strengthening from week 4, while the isometric wrist work continues and is gradually upgraded. If your x-ray is satisfactory and the fixation is stable, gentle passive wrist stretches – where the wrist is moved with help from your other hand or your therapist – can begin at 4–6 weeks. Restoring movement still takes priority over building strength. Keep avoiding weight-bearing through the arm and heavy lifting, while continuing to use the hand for light everyday tasks.

### For your physiotherapist:

#### Assessments

- Oedema circumferential measurements
- Visual analogue pain scale or numerical rating scale
- AROM goniometry measurements and quality of movement patterns
- Subjective review, including the patient's compliance with the regime, functional use of the hand in ADL tasks, and problems/concerns
- Grip strength using dynamometer (3 each limb)

#### Education and precautions

- Avoid weight-bearing through the arm, or heavy lifting
- Encourage use of the affected hand for light (less than 1–2 kg) ADL tasks within pain limits and normal movement patterns

## Management

- Scar: continue scar management as required

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- Oedema: continue compression therapy, retrograde massage, MEM and elevation as required; discontinue contrast bathing
- Exercises: continue passive finger and thumb exercises if ROM not full; continue active wrist ROM exercises; commence finger strengthening exercises against low resistance at 4 weeks; commence gentle passive wrist exercises at 4–6 weeks if the ORIF is stable and the x-ray satisfactory; encourage regular active elbow and shoulder ROM; continue/upgrade isometric wrist strengthening exercises

### **Troubleshooting**

- Review for signs of CRPS and shoulder pain
- Consider the volume of exercises in the home programme and prioritise ROM over strength
- If wrist ROM is significantly limited, consider commencing gentle passive range of motion (PROM) wrist exercises within 4/10 VAS, with the surgeon's approval

## **Week 6–8 after your operation**

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This phase begins a graded return to full activity over the next 3 weeks. Wrist strengthening steps up to light weights (0.5–1.0 kg) or low-resistance theraband, and the resistance for finger strengthening increases. Two hard limits remain: no weight-bearing, heavy lifting or contact sport until 12 weeks after the fracture. Your therapist will consider discharging you once you have full movement and a suitable return of function.

### **For your physiotherapist:**

#### **Assessments**

- Oedema circumferential measurements as required
- Visual analogue pain scale or numerical rating scale
- AROM goniometry measurements
- Grip strength
- Subjective review

#### **Education and precautions**

- Graded return to full activity over the next 3 weeks
- Avoid weight-bearing, heavy lifting and contact sport until 12 weeks post fracture

#### **Management**

- Scar: continue scar management as required
- Oedema: continue oedema management as required
- Exercises: continue passive finger and thumb exercises if ROM not full; continue active and passive wrist ROM exercises if required; increase resistance in finger strengthening exercises; commence wrist

strengthening exercises with use of 0.5–1.0 kg weights or low-resistance theraband; upgrade weights and resistance used in the wrist strengthening programme as tolerated

## Troubleshooting

- Consider/commence night serial progressive splinting, boxing glove or dynamic splinting if slow improvement of ROM
- Monitor any signs of wrist instability and treat as appropriate
- Consider discharge when full ROM and suitable return of function
- Consider referral back to the treating doctor if the condition plateaus and/or there is a poor outcome

*This protocol was written in association with Sarah Farrell, BOccThy AHT, and Kristy Gerlach, BOccThy AHT.*

## After your protocol

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This protocol works alongside the practice's general recovery advice – see [managing post-operative pain](#), [wound care](#) and [hand therapy basics](#). For the operation itself and the injury it treats, see [distal radius fixation \(ORIF\)](#) and [distal radius fracture](#). The phased plan above is consistent with published evidence on rehabilitation after volar locking plate fixation, and your ongoing recovery is guided individually by your physiotherapist or hand therapist according to how your wrist progresses.

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