

**Dr. Robert Wysocki**

**Distal Radius Fracture – Non-operative Treatment**

**0-6 Weeks:**

Patients wear a short-arm cast (or occasionally forearm based cock-up splint in 25 degrees extension for low-demand patients) for the first 6 weeks

**6 Weeks:**

Splint: All patients are provided with a custom-molded forearm based splint as mentioned above, to be worn except during range of motion activity and hygiene for two weeks, and then is weaned as tolerated except during at risk activities.

Motion: Progressive active and passive range of motion is performed for all patients.

**8 Weeks:**

Splint: Protective splinting during at risk activities continued until 10 weeks

Motion: Unless otherwise notified of absence of clinical or radiographic union, progressive strengthening and return to activity is allowed

**10 Weeks:**

Full activity as tolerated without immobilization