

Wrist Fracture Non-Operative Protocol

Phase 1	Initial Injury
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Wrist splint/cast • Digit AROM • Elevation/ice

Phase 2	1 to 4 weeks
Appointments	<ul style="list-style-type: none"> • Physician visit for imaging • OT for custom splint adjustments and monitoring edema/digit ROM (if needed) 1x/week
Precautions	<ul style="list-style-type: none"> • No lifting • No wrist/forearm ROM (unless physician ordered) • Splint on at all times except bathing
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue digit ROM • Continue all unaffected joint ROM Ice as needed

Phase 3	4 to 6 weeks
Appointments	<ul style="list-style-type: none"> • Physician visit for imaging • See OT for initiation of gentle wrist motion (per physician clearance as fracture heals) • OT for splint adjustments as needed
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue with splint until physician clearance • Continue with digit AROM Begin pain-free RROM of wrist and forearm

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Phase 4	6 to 8 weeks
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Discontinue splint between 6-8 weeks (physician directed) • Continue to restore functional AROM • Begin PROM to wrist and forearm • Begin light hand/wrist/forearm strengthening • Cardiovascular exercises as tolerated

Phase 5	8 to 10 weeks
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Progress upper extremity strengthening • Continue stretching/PROM as needed • Initiate closed and open-chain plyometrics as needed