



**ORLANDO HAND SURGERY ASSOCIATES
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Both Bone (Radius and Ulna) Forearm Fracture Open Reduction Internal Fixation

POD 10-14:

Splint: The postoperative dressing and sutures are removed. A well molded posterior mold long arm splint is fitted for continual wear except when doing exercises.

Motion: Unrestricted AROM and PROM in all planes

6 weeks:

Splint: Discontinue splint at 4 weeks

Motion: Continue motion as above until full ROM achieved. Can begin loading and strengthening once full motion achieved AND patient is 6-8 weeks postop

Typical return to all activities 3-4 months postop

Please call with questions or concerns at the phone number above.