



ORLANDO HAND SURGERY ASSOCIATES
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Distal Radius Fracture – Non-Operative Treatment

0-6 Weeks:

Patients wear a short-arm cast (or occasionally a short-arm splint) for the first 6 weeks

6 Weeks:

Splint/Cast: Discontinue cast and patients will transition to a short-arm cock-up splint in 25 degrees of extension to be worn at all times 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: Discontinue splinting except during at-risk activities which is 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

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