



ORLANDO HAND SURGERY ASSOCIATES  
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## **Metacarpal Fracture Plate/Screw ORIF**

### **POD 8-10:**

Splint: The postop dressing is removed and a short arm splint to the level of the distal palmar crease.

Motion: The patient is started on full active range of motion exercises of all joints. Passive range of motion is begun at 3 weeks, but may begin sooner if therapist believes it is indicated. Please clear this with physician. Scar massage is encourage and emphasized to prevent tendon adhesions.

### **4-6 weeks:**

Splint: Discontinue splint.

Motion: Continue full AROM and PROM as above. At 6 weeks, patient may be started on light resistive exercises and may return to light work duties lifting less than 25 pounds as long as the surgeon believes that the fracture is clinically healed. Electrical muscle stimulation may be used as needed to facilitate tendon excursion.

### **8 weeks:**

Full activities short of sports level activities or heavy resistive activities may begin. Can progress with strengthening. Sports level activities may be started at this time while in a protective splint.

### **12 weeks:**

Unrestricted activities as tolerated.

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