



## Distal Radius Wrist Fracture Surgery Home Exercise Program DAVID GESENSWAY, MD

### HOME EXERCISE PROGRAM:

- Your first therapy visit will be 5-7 days after surgery, when the post-op splint will be removed. A removable custom made wrist splint will be made, which you will wear full time like a cast, removing it just 2-4 times per day to wash your hand and to do gentle motion exercises for the wrist and forearm.
- Finger exercises should be done every 1-2 hours to help reduce swelling and regain full finger motion. (see Phase 2 exercise sheets). Elevating the arm frequently this week will help reduce swelling as well. Sutures will be left in for one more week, you can now shower and get the arm wet.
- 4 weeks after surgery you will have your first x-ray, and if the bone is healing as expected, you will start stretching exercises for the wrist and forearm, and putty hand strengthening exercises (see Phase 3 exercises).
- Wrist strengthening exercises start at 6 weeks post-op (see Phase 4 exercises).
- Your splint will be discontinued 7-8 weeks after surgery, but you will still be regaining motion for another month, and strength for a full year.
- The number of therapy visits needed varies from patient to patient. If you have minimal swelling and quickly master your exercises, you may have just 3-4 visits over the next 2 months. If you have more swelling or stiffness that slows your progress, you may have 10-12 visits.
- Our goal is to help you be confident and successful with your exercises, as YOU are the most important therapist in your recovery.