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OPEN REDUCTION INTERNAL FIXATION OF ULNA FRACTURE REHAB

Phase I

0-2 Weeks

- Post-op dressing intact
- Pt to begin finger ROM and forearm rotation

Phase II

2-4 Weeks

- First doctor post-op visit
- Post-op dressing removed at appt
- Pt fitted with removable splint
- Continue finger ROM, forearm rotation, elbow and shoulder ROM as needed
- Include intrinsic stretches in home program
- Utilize edema reduction techniques including isotoner glove, edema mobilization, kinesiotape
- Begin scar management
- Frequency of Therapy 1 time per week for the first 6 weeks

Phase III

4-6 Weeks

- Begin gentle wrist AROM at 4 weeks
- Continue finger, elbow and shoulder ROM
- Continue forearm rotation ROM
- Utilize scar management techniques
- Frequency of Therapy 1 time per week

Phase IV

>6 weeks

- Wean from splint
- Begin wrist PROM
- Begin gentle weight bearing (with MD clearance)
- Frequency of Therapy 2-3 times per week

Phase V

>12 weeks:

- May begin strengthening if needed