

Physical Therapy Prescription

Hand Metacarpal Fracture CRPP/ORIF REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	Splint/Brace & Weight bearing	EXERCISES
0-2 weeks	None	Splint at all times No Weight Bearing	Finger and elbow ROM. Pendulums for shoulder.
3-4 weeks	Active finger Range of motion	Cast at all times No weight bearing	Active finger range of motion. Move elbow and shoulder freely
4-5 weeks	Full range of motion.	Removable wrist splint at all times except for hygiene No lifting more than 5 pounds	Active and active assist finger range of motion.
6+ weeks	Full range of motion	No brace Weight bearing as tolerated	Shoulder, elbow, wrist, and hand strengthening. Advance strengthening to tolerance
12+ weeks	No Restrictions	No Restrictions	No Restrictions

*****Begin physical therapy immediately following pin removal (typically 4 weeks)**

*****Take this prescription to a therapist near your home prior to your first post-operative visit to arrange therapy beginning 4 weeks post-op**

Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336			
Patient Name: _____			
Surgery Date: _____			
s/p Metacarpal Fracture ORIF or CRPP			
Thumb	Index	Long	Ring
Small			
Side (circled): Right Left			
Physical therapy to evaluate and treat for post op metacarpal fracture CRPP/ORIF. 1-2x per week for 10 weeks. Modalities PRN			
Notes: _____			
MD signature:			