



proaxistherapy™

Patient Flow Sheet

Name _____

Date _____

Physician _____

Wrist Fracture Protocol Steadman*Hawkins Protocol

**Day 1 Post op:
(until cast or
Fixator off)**

ROM and edema control of unaffected joints (provide sheet).
1x visit and HEP or 1x/wk and HEP

**Week 4-6
ADL's.**

Baseline evaluation, P/AROM, Sensation, Strength, Edema, Pain and
AROM.
Scar management if surgical or open wound.
Edema control (glove or coban may be necessary).
Desensitization/Resensitization with progressive media applications
(towel, rice).

Use hand for ADL's involving little to no resistance.
May need to use Paraffin if very stiff.

Week 5+

AROM, AAROM, PROM digits, wrist, forearm.
Increase use of hand for ADL's adding resistance weekly