

T-Pin[®]

Distal Radius Fixation System



Postoperative Protocol
After T-Pin[®] Fixation of Extraarticular Distal
Radius Fracture



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1. Postoperative dressing is a plaster volar short-arm splint, which allows for unrestricted finger ROM.



2A



2B

2A,B, Postoperative x-rays of the patient shown at right.

T-Pin® Postoperative Protocol

1 to 3 Days (Initial Visit)

- A custom thermoplastic volar wrist splint is fabricated with the wrist in slight extension
- The patient is instructed on TGE, x10 reps, hold x5 sec, 4x/day
- The patient is instructed in wrist AROM of 30 degrees of flexion and extension, x10 reps, hold x 5 sec, 4x/day
- The patient is instructed to perform gentle, midrange forearm rotation x 10 reps, hold x 5 sec, 4x/day
- The patient is instructed to perform gentle, midrange radial and ulnar deviation x10 reps, hold x5, 4x/day
- Document a baseline measurement for wrist and forearm AROM, QuickDash, and numeric pain scale on OT/PT evaluation form
- The patient is instructed to maintain shoulder and elbow AROM
- Review edema control techniques
- Determine the need for formal therapy vs. HEP

2 Weeks

- If the x-rays permit, the patient may advance beyond the 30/30 limit as tolerated. However, if they feel a “stab like, pin pain”, they should return to the 30/30 AROM
- Reassess AROM and numeric pain scale

4 to 6 Weeks

- Reassess AROM and pain
- Begin to wean from the splint (as per MD)

6 to 8 Weeks

- D/C splint
- Initiate light strengthening

8 Weeks

- Assess grip and pinch strength, AROM and pain
- Continue with light strengthening and upgrade to tolerance

12 Weeks

- Reassess AROM, strength, pain, and repeat QuickDash



3A



3B

2A,B. AROM of 30° each of flexion and extension is initiated at the first postop visit. This patient is less than 24 hours postop.



4A



4B

3A,B. The patient shown above has nearly full AROM 2.5 months postop.



DISCLAIMER

The information contained in this protocol is for educational purposes only and should not be used for diagnosis or to guide treatment without the opinion of a qualified hand/orthopaedic surgeon and hand therapist.

This protocol is intended for use after T-Pin® Distal Radius Fracture Fixation and is not to be applied in conjunction with any other treatment method or alternative fixation device.

Any reader who is concerned about his or her health should contact a doctor for advice.

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