

# **Taras T-Pin® Protocol**

*(Postoperative rehabilitation after T-Pin® fixation  
of extraarticular distal radius fracture)*

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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 therapist and hand/orthopaedic surgeon. 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 alternate fixation device.

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

## **Initial Post-Op Therapy Visit (1 – 3 days P/O)**

- 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 Post-Op Visit:**

- 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 – 6 Weeks Post-Op Visit:**

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

**6 – 8 Weeks Post-Op Visit:**

- D/C splint
- Initiate light strengthening

**8 Weeks Post-Op**

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

**12 Weeks Post-Op:**

- Reassess AROM, strength, pain, and repeat QuickDash