Learning Objectives

MedBridge

Therapy and Assessment Following Wrist Fracture: Evidence Based Strategies
Kristin Valdes OTD, OT, CHT

Chapter 1: Anatomy of a Distal Radius Fracture
• Describe normal anatomical relationship between the distal radius and distal ulna
• Recognize the importance of maintaining proper length relationship between the radius and ulna through surgery

Chapter 2: Summary of Current Evidence of Rehabilitation
• Improve awareness of current evidence for rehabilitation following wrist fracture regarding volar plate strength and the effect of comorbidities on recovery
• Stratify patients who can be seen for assessment and provision of home program versus skilled therapy services

Chapter 3: Evaluation and Assessment Following Distal Radius Fracture
• Understand how hand edema and finger stiffness may interfere with patient recovery following a distal radius fracture
• Organize the evaluation components following distal radius fracture