

## Scaphoidectomy with Carpal Fusion Rehabilitation Protocol

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Please fax initial evaluation and progress notes to 815-381-7498.

### 1-3 Days Postoperative

- Do not remove the surgical bandage.
- Restrictions: No heavy lifting or pulling greater than 0 lbs.
- The patient is to begin active and passive range of motion of the fingers and thumb to prevent stiffness and reduce swelling.

### 10-14 Days Postoperative

- The sutures are removed at Dr. Holtkamp's office.
- The therapist will fabricate a protective wrist cock-up orthosis.
- The orthosis is to be worn at all times. The orthosis may be removed for hygiene purposes and to perform the exercise program.
- The therapist will instruct proper skin care to prevent skin breakdown. The skin should be completely dry before re-applying the orthosis.
- Educate the patient on anti-edema management. This includes, but not limited to, self-retrograde massage, cold therapy, and extremity elevation. The anti-edema management will continue for several weeks.

### 3 Weeks Postoperative

- The therapist will begin scar tissue management to decrease sensitivity and density, which could include ultrasound and/or silicone gel pads per therapist discretion. The scar tissue management will continue for several weeks.

### 4 Weeks Postoperative

- Instruct the patient to begin active range of motion exercises for the wrist. Limit flexion and extension to 30 degrees. Limit radial deviation to 15 degrees. Limit ulnar deviation to 30 degrees. Do NOT force the range of motion. Forcing the range of motion or moving the wrist beyond the limitation could cause the hardware to become loose or break.

### 8 Weeks Postoperative

- Instruct the patient to begin unrestricted active and passive range of motion exercises of the wrist.
- \*Note: Full range of motion is not to be expected secondary to the carpal bone fusion

### 10 Weeks Postoperative

- Pending Dr. Holtkamp's approval, a progressive strengthening exercise program can be initiated. If approved, the amount of lifting and pulling can be increased as tolerated.

- Pending Dr. Holtkamp's approval, the wearing time in the wrist cock-up orthosis should be gradually reduced 1-2 hours each day. It is expected that the patient is completely out of the orthosis within 7-10 days.

### **14 Weeks Postoperative**

- Instruct the patient to continue their home exercise program for range of motion and strengthening.
- If the patient has not achieved functional range of motion and strength, then continue with occupational therapy for an additional 2-4 weeks.

### **16 Weeks Postoperative**

- The patient may resume normal activities of daily living as tolerated.
- Work status: The patient is allowed to return to full duty status if the job requirements have been met. If not met, then a functional capacity evaluation and work hardening program may be recommended.
- The healing process can take up to a full year. Therefore, it is advised to continue with the home exercise program until goals have been met.