

Days 10-14 days Post-Operatively:

☐ **Splint**

- Bulky postop dressing is removed
- Apply a light compressive dressing with digital level finger socks for edema control
- Orthotic wrist splint is fabricated to be worn at all times except during exercises

☐ **Exercises**

- Begin AROM/PROM for digits
- Emphasis on composite flexion and full extension, including isolated EDC exercises

☐ **Wound Care**

- Sutures will be removed at 10-14 days post-op, in the office
- May begin scar massage with Vitamin E oil/lotion at 2.5 weeks post-op
- Edema control, light compressive dressing/stockinette

6 Weeks Post-Op:

☐ **Splint**

- Discontinue use of wrist splint

☐ **Exercises**

- Initiate AROM and PROM for wrist

8 Weeks Post-Op:

☐ **Exercises**

- Initiate gentle strengthening to the hand

Expectations:

- Range of motion goal for the wrist is 30-45 degrees of extension and flexion with circumduction
- The goal of the procedure is to decrease pain, create a functional arc of motion, and increase grip strength
- Lifetime lifting restriction of 10 pounds with operative extremity