

## **Four Corner Fusion with Scaphoid Excision Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a bulky surgical dressing and wrist splint for 10-14 days.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit.
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed.

### **Precautions:**

- Avoid power grip, weight bearing, and lifting for 4-6 months after surgery.

### **2 Weeks Post Op:**

- Follow up in clinic with xrays
- Splint and sutures will be removed.
- Application of short arm cast.
- Active and passive Range of Motion (ROM) initiated to fingers, and thumb.

### **4 Weeks Post Op:**

- Follow up appointment in clinic for cast removal and initiation of formal therapy.
- Application of removable Velcro wrist splint

### **8 Weeks Post Op:**

- Follow up appointment in clinic with xrays
- Removable splint may be discontinued and worn only as needed.
- Gentle strengthening exercises initiated followed by job simulations.
- Patients with sedentary jobs may return to work about 3 months.

### **4 Months Post Op:**

- Follow up appointment in clinic with xrays
- Heavy labor jobs may require up to 6 months.

### **Considerations:**

- May expect to maintain approximately 50-60% of normal wrist motion and 80% of normal grip strength in ideal cases, but may vary between patients depending on preoperative stiffness and initial course of injury.