

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

### **Following Surgery:**

- Expect a surgical bulky dressing and short arm splint.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

### **Precautions:**

- Avoid forceful manipulations and joint mobilizations for 4 months, or until given OK by M.D.

### **10-14 Days Post Op:**

- Bulking dressing, splint, and sutures will be removed in the clinic with x-ray.
- You will be placed into a short arm cast.

### **6 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D. with x-ray.
- Begin slow gentle active Range of Motion (ROM) under supervision and instruction of your therapist.
- Therapist will assist with edema control and scar management modalities.
- No grip strengthening at this point.

### **8-16 Weeks Post Op:**

- Follow up appointments in clinic with M.D. at 8 and 12 weeks.
- Once surgeon indicates that fusion is able to tolerate increased forces:
  - Begin more extensive active ROM.
  - Progress to isometrics followed by gentle strengthening exercises.
- Splint is usually discontinued between 8-10 weeks, and then can be worn as needed.

### **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.