

## **Scaphoid Fracture Fixation Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical dressing and 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. (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.

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

- Follow up appointment in clinic with xrays.
- Splint and sutures will be removed.
- Therapist will assist with edema control and scar management.
- Initiate finger, thumb, and shoulder Range of Motion (ROM) exercises.
- Expect a short arm cast while the fracture heals
- **NOTE:** Immobilization period is typically 6 weeks but up to 12 weeks, dependent on the location of the fracture, the bone graft utilized, the method of internal fixation, and the stability of fracture reduction after surgery.

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

- Follow up appointment in clinic.
- Transition to removable Velcro wrist splint.
- Initiation of formal therapy versus home exercise program

### **12 Weeks Post Op:**

- Follow up appointment in clinic with xrays.
- Released to progressive activities as tolerated if fracture with radiographic healing
- Possible repeat follow up schedule with xrays if indicated