

Proximal Row Carpectomy
Post Operative Rehabilitation Protocol
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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:

- Splint and sutures will be removed.
- Application of removable Velcro wrist splint and initiation of therapy.
- Active and passive Range of Motion (ROM) initiated to fingers, and thumb.

6 Weeks Post Op:

- Follow up appointment in clinic.
- Initiate active and gentle passive ROM to wrist.
- Composite wrist/digit extension/flexion should be avoided to prevent stretching of extrinsic muscles.

12 Weeks Post Op:

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

4-6 Months Post Op:

- Heavy labor jobs may require up to 6 months.

Considerations:

- Expect some weakness; grip and strength averages about 50-80% of the contra-lateral side.
- Usually it takes up to a year to regain best strength.
- Expect ~50% of wrist flexion and/or extension loss. Attempting to achieve full wrist ROM can create instability and ultimately increase risk of future wrist pathology.

