



## **Ulnar Shortening Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical dressing and a dorsal/volar splint to be kept in place for 10-14 days.
- Early gentle finger Range of Motion (ROM) encouraged.
- 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 medicine as needed and as prescribed. Call if any problems or questions arise.

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

- Follow up appointment in clinic with P.A. or Surgeon, x-rays will be taken.
- Dressing, splint, and sutures will be removed.
- A new short-arm fiberglass cast will be placed, and should be worn until 6 weeks post op.

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

- Follow up appointment in clinic with P.A. or Surgeon
- New x-rays will be taken and you will be fitted with a new clamshell splint at therapy. (May take off splint for showering.)

### **10 Weeks Post Op:**

- Follow up appointment in clinic with Surgeon
- Once bone healing is observed (as evidenced by confirmative x-rays with the surgeon):
  - May discontinue clamshell splint.
  - Begin progressive strengthening program under direction of therapist.
- If bone healing is not confirmed, continue to wear clamshell brace. May expect a clinic visit every 6 weeks with new x-rays until fracture healing is observed.