



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

### **Following Surgery:**

- Expect a surgical dressing and splint that reduced forearm rotation until 2 week post-op visit
- 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.

### **2 Week Post Op:**

- Follow up appointment in clinic with xray
- Short-arm cast application.

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

- Follow up appointment in clinic with xray
- Same day appointment at Occupational Therapy for clamshell splint application

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

- Follow up appointment in clinic with xray
  - May discontinue clamshell splint.
  - Begin progressive strengthening program under direction of therapist.

### **6 Month Post Op:**

- Follow up appointment in clinic with xray

### **Considerations:**

- Expect prolong osteotomy healing time relative to fracture
- Nicotine products and vasoconstrictor have significant increased risk for non-union