

First Post-Op Visit: 10 days

- Xrays: Neutral PA/ lat/ oblique (20° elevated lateral) of wrist.
- Remove sutures, place steri strips
- Place in Futuro Splint
- Provide Hand Therapy prescription
- **Start** wrist AROM/PROM at 2 weeks post-op
- **Start** Grip Strengthening at 4 weeks post-op
- Assess pain control/ pain medication needs
- Assess ROM of shoulder, elbow, and digits
- Work note: No driving, lifting, pushing, or pulling. My type, write, and feed self with lightly loaded fork.
- Expected return to work
 - Light Manual-- 6 weeks
 - Heavy Manual-- 10-12 weeks
- Schedule follow-up in 4 weeks

Second Post-Op Visit: 6 weeks

- Xrays: Neutral PA/ lat/ oblique (20° elevated lateral) of wrist.
- Remove Futuro Splint
- *Continue* wrist AROM/PROM at 2 weeks post-op
- *Continue* Grip Strengthening at 4 weeks post-op
- **Start** Wrist and Forearm Strengthening
- Assess pain control/ pain medication needs
- Work Note: No driving, lifting, pushing, or pulling. May type, write, and feed self with lightly loaded fork.
- Expected return to work
- Schedule follow-up at 6 weeks from injury to assess for union

Third Post-Op Visit: 12 weeks

- Xrays: Neutral PA/ lat/ oblique (20° elevated lateral) of wrist.
- Assess pain control and ROM.
- Work restrictions: 10lbs weight lifting. No pushing/ pulling. May operate motor vehicle/light machinery. Must be able to attend physical therapy and wear splint on work site, as needed.
- When Strength= 80% of contralateral side in grip and lifting from the floor, may consider transitioning to work hardening program in patients with heavy manual labor job descriptions.
- Expectations: Patients should be independently using the injured extremity for all activities of daily living. Heavy laborers should be ready to return to work without restrictions at this point. For unusually high demand activities, work hardening may be used to transition the patient back to full duty. Maximum Medical Improvement is 1 year from the day of surgery.