



## Proximal Row Carpectomy Therapy Instructions Laith Al-Shihabi, MD

### 2-6 weeks

Focus on recovery of finger motion within the early postoperative period.

Splint:

-Fashion removable short-arm volar wrist splint in neutral to be used at all times except for therapy and motion exercises.

Motion:

- Focus on AROM/AAROM/PROM of the fingers and elbow.
- No wrist motion for weeks 2-4.
- Begin AROM/AAROM to wrist/forearm motion at week 4.
- 2 lbs lifting restriction.

Edema Control:

Coban, digit sleeves, ACE wrap, edema modalities per therapist.

### 6 -10 weeks

Gentle strengthening is incorporated at this time.

Splint:

-Wear from splint by 8 weeks after surgery.

Motion:

- Begin gentle finger and wrist strengthening using putty or other modalities per therapist.
- Begin wrist PROM and continue wrist AROM/AAROM.
- 5 lbs lifting restriction starting at 8 weeks.
- 15 lbs lifting restriction at 10 weeks.
- Transition to home exercise program at 8-10 weeks.

Edema Control:

Per therapist.

### 10-12+ weeks

Splint:

-No longer necessary.

Motion:

- Continue home program vs. work conditioning program PRN at 10 weeks.
- No restrictions after 10 weeks.