



# Scaphoid Open Reduction and Internal Fixation

## Therapy Instructions

### Laith Al-Shihabi, MD

#### 2-6 weeks

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

##### Splint:

- If a cast is in place, leave until 6 weeks.
- If no cast is present, fashion removable short-arm thumb spica splint with the IP joint free to be used at all times.

##### Motion:

- Focus on AROM/AAROM/PROM of the fingers and elbow as a primarily home-based program.
- No wrist motion or thumb CMC/MP motion for 6 weeks.
- 2 lbs lifting restriction.

##### Edema Control:

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

#### 6 -10 weeks

Thumb and wrist motion is incorporated at this time.

##### Splint:

- If a cast was placed, transition to a removable thumb spica splint with the IP joint free.
- Continue full time splinting until 8 weeks for proximal 1/3 fractures; otherwise it is ok to remove the splint for therapy exercises and wean from use by 8 weeks.

##### Motion:

- Begin wrist and thumb AROM/AAROM (8 weeks for proximal 1/3 fractures).
- Start wrist and thumb PROM at 8 weeks (10 weeks for proximal 1/3 fractures).
- 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 12 weeks.