



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

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GENERAL HAND/WRIST OCCUPATIONAL THERAPY

Philosophy

This protocol is to be utilized as a guideline. There will always be individual differences amongst patients regarding progression and tolerance of specific activities. Progression through the protocol will depend on successful accomplishments of set milestones as assessed by the physician and the physical therapist/athletic trainer.

The physical therapist and patient must constantly be aware of changes in condition, including but not limited to signs and symptoms of joint irritation/pain, tendonitis, and effusion. The patient's home exercise program is of utmost importance and should be monitored and emphasized.

Rehabilitation should create the optimal environment for the natural process of healing to occur. Initially, there should be a strong emphasis on minimizing swelling and pain as well as motion restoration. If a patient's progress is significantly delayed, please contact the physician office to keep them informed.

If you have any questions regarding this protocol, please contact the UGH Orthopedics and Sports Medicine Department at (706) 439-6858.

CAUTION: Return to intense activities such as lifting and sports early post-operatively may increase the overall chance of setbacks like reinjury and symptoms of pain, swelling, or instability should be closely monitored and reported by the patient.



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Phase I - Protective

Goals

1. Protect repair; educate patient regarding post-operative precautions
2. Home pendulum exercises
3. Decrease pain and inflammatory response

Precautions

1. **Remain in splint/brace**
2. **No weight bearing**

Exercises:

1. Initiate scapula retraction/ scapular awareness
2. Pendulum exercises
3. Initiate cervical spine, elbow, wrist, and hand AROM
4. Modalities as needed for pain control
5. Trunk stabilization



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Phase II - Progressive range of motion

Goals

1. Eliminate pain
2. Achieve full wrist/fingers ROM
3. Improve proprioception

Precautions: Non to partial weight bearing per MD

Exercises:

1. Continued PROM to WNLs
2. Initiate proprioception and kinesthetic awareness drills



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Phase III - Strengthening

Goals:

1. Full AROM in all planes
2. Minimal to no pain with moderate to demanding ADLs
3. Full strength

Precautions: No sports until released by MD.

Exercises

1. Continue stretching prn and strengthening as above
2. Exercise bands/free weights
3. Exercise bike, Elliptical, etc



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