

Wrist Arthroscopic Evaluation or Debridement

NOTE: For Some Surgical Procedures There May Be A Period Of Post-Operative Immobilization Prior To Initiation Of Therapy

Phases and Expected Time Lines	Therapy / Rehabilitation Guidelines	Expected Outcome At The Completion Of Phase	Notes / Comments
<p>Phase 1: (Week 1 of Therapy)</p> <p>Immediate Post-operation</p> <p>Or</p> <p>Post-Immobilization</p>	<p>Monitor incision site(s) for infection, keep clean and dry until sutures out.</p> <p>Rest, Ice, Compression, Elevation - as needed for pain and edema control.</p> <p>Patient Education – Pathology, Recovery, Self-Management.</p> <p>Forearm-based wrist Splint with wrist in neutral, to be used at night and as required during the day, if needed, for rest and pain control.</p> <p>Use Hand / Upper extremity for painfree personal care and light household functional activities as tolerated.</p> <p>Therapy Program - (Note: Home exercises should be done ~ x3 / day):</p> <ul style="list-style-type: none"> • Full Active/Passive ROM Exercises Shoulder, Elbow – if limited. • Forearm, Finger and Thumb Active/Passive ROM and Tendon Gliding exercises – as tolerated. • Active wrist ROM within Functional Limits. 	<p><u>Clinical Goals:</u></p> <ul style="list-style-type: none"> • Full (or pre-op) Active/Passive ROM – Shoulder, elbows, forearm, digits. • Painfree, Functional Wrist ROM (<i>see definitions</i>). • Sutures out ~ 7 – 10 days. • Limited swelling and no pain at rest. <p><u>RTW / Functional Goals:</u></p> <ul style="list-style-type: none"> • Independent, painfree personal care and sedentary to light (< 10 lbs.) household tasks. • Tolerance to these functional tasks likely to be limited to less than 1 hour. 	<p>Caution with Radio-Ulnar Deviation exercises if Repairs or Debridement.</p>