



Total Wrist Fusion 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 (including therapy).
- If a cast is in place, no need to fashion splint at this time.

Motion:

- Focus on AROM and PROM of the fingers.
- Extensor tendon gliding exercises.
- Gentle active forearm pronation/supination only; no PROM.
- No wrist motion.
- 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:

- Fashion removable short-arm volar wrist splint if this has not already been done.
- Ok to remove splint with therapy and during home exercises.

Motion:

- Begin gentle finger strengthening using putty or other modalities per therapist.
- 6-8 weeks: Gentle pronation/supination PROM. Elbow AROM/AAROM/PROM.
- 8-10 weeks: Unrestricted AROM/AAROM/PROM to forearm pronation/supination, elbow.
- 5 lbs lifting restriction starting at 8 weeks.

Edema Control:

Per therapist.

10-12+ weeks

Continue to focus on motion, begin gentle strengthening. Goal is to complete formal therapy by 10 weeks unless additional work conditioning is required.

Splint:

- Wean from the splint, with goal to discontinue use by 12 weeks.

Motion:

- Continue AROM/AAROM/PROM to forearm.
- Continue strengthening.
- 15 lbs lifting restriction at 10 weeks.
- No restrictions after 12 weeks.
- Transition to home exercise program vs. work conditioning program PRN at 10 weeks.