Proximal Row Carpectomy
Therapy Instructions
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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:
- Wean 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.