

## 1st Dorsal Compartment Release

**Dr. Staiger**

NOTE: Therapy not routinely scheduled post-op.

\*If needed schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Instruct in edema management.</li> <li>• Instruct in active wrist flexion/extension, ulnar/radial deviation exercises.</li> <li>• Instruct in general tendon gliding exercises.</li> <li>• Instruct in active thumb exercises especially palmar abduction and extension for tendon gliding under scar.</li> <li>• Initiate passive range of motion as needed.               <ul style="list-style-type: none"> <li>○ Provided there is minimal pain and swelling.</li> </ul> </li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Scar management</li> <li>• Pain management</li> </ul>
Phase II 3 Weeks	<ul style="list-style-type: none"> <li>• Assess for Radial Nerve Irritability and if present:               <ul style="list-style-type: none"> <li>○ May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> <li>• Continue with previously listed exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema, scar, and pain management</li> </ul>
Phase III 4-6 Weeks	<ul style="list-style-type: none"> <li>• Instruct in home program:               <ul style="list-style-type: none"> <li>○ strengthening exercises for wrist, thumb, and grip.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> <li>• Progression of HEP</li> </ul>