

## Amputation

Dr. Widstrom

Time Frame	Treatment	Goals
Initial Visit	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Remove surgical dressing</li> <li>• Instruct in edema management techniques,</li> <li>• Instruct in AROM, AAROM, and PROM</li> <li>• Typically no splint is needed</li> <li>• Explain phantom pain and discuss psychological impact of traumatic loss</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Edema control</li> </ul>
10-14 days post-op (same day as Dr., may be the initial visit)	<ul style="list-style-type: none"> <li>• Continue above instructions</li> <li>• Instruct in scar management techniques in scar massage and pad (to begin once incision is healed).</li> <li>• Issue Digicap (to be worn once incision is healed)</li> <li>• Educate in bandaging/coban wrapping for shaping of the stump</li> </ul>	Scar management Desensitization techniques
3 weeks post-op	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op)</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to full ROM</li> </ul>