

## Amputation

Dr. Hiesterman

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>	<ul style="list-style-type: none"> <li>Scar management</li> <li>Desensitization techniques</li> </ul>
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>