

## Proximal Row Carpectomy

Dr. Widstrom

**\*Schedule OT same day as doctor**

Time Frame	Treatment	Goals
Post-Op Day: Same day as MD	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Fit patient with Exos wrist cock-up orthosis</li> <li>• Instruct in edema management</li> <li>• Instruct in general tendon gliding exercises</li> <li>• Instruct in gentle, pain free wrist AROM</li> <li>• Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> <li>• Scar management</li> <li>• Orthosis wear and care</li> </ul>
	<p><b>Usually only seen by OT for one visit</b></p> <p><b>If really stiff, Dr. Widstrom may order additional therapy</b></p>	
Phase I: 3 weeks post op	<ul style="list-style-type: none"> <li>• May use modalities as indicated for thermal effects</li> <li>• Ultrasound shouldn't be used until 4 weeks post-op</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Edema Management</li> </ul>
Phase II : 4 weeks post op	<ul style="list-style-type: none"> <li>• May use ultrasound as indicated</li> </ul>	<ul style="list-style-type: none"> <li>• Update HEP</li> </ul>