

Ulnar Shortening Osteotomy

Dr. Staiger

*If needed schedule OT same day as doctor.

** Remember the procedure was completed to eliminate pain on the ulnar side of the wrist, so the client should complete the exercises in a comfortable range.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> • Evaluate and Treat. • Fabricate a forearm based zipper wrist cock-up orthosis to be worn between exercises and during the night. • Fit with a DRUJ Wrap such as a Carpal Guard or Squeeze Ulnar Compression Wrap. <ul style="list-style-type: none"> ○ This is to be worn when doing exercises. • Instruct in edema management. • Instruct in active wrist and forearm exercises. • Instruct in tendon gliding exercises and gentle PROM of the fingers if needed. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Edema control • Scar management • Pain management • ROM
Phase II 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. ○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm², 3 MHz) and pulsed (i.e. 20%) setting when over the plate area. * Client will be seen later than this if TFCC was repaired. 	<ul style="list-style-type: none"> • Continued edema, scar, and pain management
Phase III 6 Weeks	<ul style="list-style-type: none"> • Depending on doctor's visit, wear time of the wrist cock-up orthosis is decreased. • Gentle dynamic splinting may be initiated as determined by physician. • Begin gentle PROM for the wrist. 	<ul style="list-style-type: none"> • Functional ROM
Phase IV 8 Weeks	<ul style="list-style-type: none"> • Initiate progressive strengthening of the fingers. 	<ul style="list-style-type: none"> • Hand PREs
Phase V 12 Weeks	<ul style="list-style-type: none"> • Begin wrist and forearm strengthening. 	<ul style="list-style-type: none"> • Wrist and forearm PREs