

## ULNAR SHORTENING OSTEOTOMY

Dr. Widstrom

❖ OT is not routinely scheduled, if needed will be scheduled 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>● Fabricate a forearm based wrist cock-up orthosis to be worn between exercises and during the night.</li> <li>● Instruct in edema management</li> <li>● Instruct in active wrist and forearm exercises</li> <li>● Instruct in tendon gliding exercises and gentle PROM of the fingers if needed</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>● Orthosis wear and care</li> </ul>
Phase I:  3.5 weeks post-op	<ul style="list-style-type: none"> <li>● May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated</li> <li>○ If used, ultrasound is usually completed at a low intensity and pulsed setting when over the plate area</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● ROM</li> <li>● Scar management</li> <li>● Edema Management</li> </ul>
Phase II :  8 weeks post op	<ul style="list-style-type: none"> <li>● Initiate progressive strengthening of the fingers</li> </ul>	<ul style="list-style-type: none"> <li>● ROM</li> <li>● Scar management</li> <li>● PRE</li> </ul>
Phase III:  12 weeks post-op	<ul style="list-style-type: none"> <li>● Begin wrist and forearm strengthening</li> </ul>	<ul style="list-style-type: none"> <li>● PRE</li> </ul>

❖ Procedure was completed to eliminate pain on the ulnar side of the wrist, so the patient should complete the exercises in a comfortable range.