

## Wrist Four Corner Fusion

### Dr. Staiger

\*Schedule OT 6 weeks post-op, same day as 6 week doctor appointment.

Time Frame	Treatment	Goals
Phase I Post-Op 6 Weeks	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Instruct in edema management techniques as needed.</li> <li>• Custom fit with Zipper wrist cock-up orthosis. Instruct in orthosis wear and care.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Educate patient on gentle ROM exercises.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op)               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Pain management</li> <li>• Scar management</li> <li>• ROM</li> </ul>