



## Blatt Capsulodesis (Dorsal Capsule Tightening)

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**Expect limited flexion, approximately 50%**

### Weeks 1-2

- Long-arm post-op dressings for 10 to 14 days
- Sutures removed at 10-14 days
- Thumb spica cast applied
- Begin digit, elbow and shoulder range of motion

### Weeks 2-6

- Continue thumb spica cast
- Continue active digit and shoulder range of motion
- Do not test grip strength

### Weeks 6-12

- Cast may be removed, based on healing and extent of original injury
- Wrist splint at all times except when exercising
- Begin gentle active wrist range of motion. "Toggle" exercises, advancing to full active range of motion
- Advance to gentle passive range of motion. Remember goals of surgical procedure!
- Modalities PRN
- Do not test grip strength
- Desensitization to incision sites
- Scar mobilization techniques
- Joint mobilization techniques contraindicated
- Patient education to avoid weight-bearing and pushing activities

### Week 16

- Begin grip strengthening exercises
- May begin grip strength testing
- Joint mobilization techniques contraindicated