



Capsulorrhaphy

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- Weeks 1-2
 - Long-arm (sugar-tong) dressings for 10 to 14 days
 - Sutures removed at 10 to 14 days
 - Finger and shoulder range of motion

- Weeks 2-6
 - Wrist splint at first post-op visit
 - Begin “toggle” exercises for wrist range of motion
 - Modalities PRN
 - Aggressive range of motion contraindicated
 - Scar mobilization
 - Desensitization

- Weeks 6-12
 - Continue active range of motion of wrist
 - Begin grip strengthening at 12 weeks
 - Discontinue wrist splint at 6 weeks