



## Proximal Row Carpectomy

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### Weeks 1-2

- Post-operative dressings for 10 to 14 days
- Sutures removed at 10 to 14 days
- Begin finger range of motion at first post-op visit

### Weeks 2-4

- Short-arm cast or clam-shell dorsal and volar splint
- No active range of motion of wrist
- Continue finger and elbow range of motion

### Weeks 4-6

- Begin wrist range of motion
- Begin scar mobilization
- Desensitization
- Modalities PRN

### Week 6

- Advance exercise program to include grip strengthening
- Advance strengthening program to wrist flexion and extension when pain allows and range of motion has plateaued