



Total Wrist Arthrodesis

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Weeks 1-2

- Post-op dressings for 10 to 14 days
- Sutures removed at 10 to 14 days, at first post-op visit
- Short-arm cast applied at first post-op visit
- Fabrication of dynamic extension splint over cast, if extensor lag present at digits
- Begin digit, shoulder and elbow active range of motion

Weeks 2-8

- Continue casting
- Continue dynamic extension splinting, as needed
- Continue shoulder, elbow and digit range of motion

Weeks 8-12

- Based on radiographic evidence, cast may be removed
- Convert to wrist splint
- Begin gentle strengthening to digits and elbow
- Scar mobilization techniques
- Modalities PRN