



Wrist Arthroscopy and Debridement

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Goals of therapy

- Maximize digit ROM
- Edema control
- Scar softening
- Graduated wrist ROM

Days 10-14

- Operative splint off, sutures out
- Patient independently begins finger range of motion
- Short arm splint (except during showers and exercises)
- Progressive wrist AROM in all planes. No passive

Weeks 4-6

- Begin weaning splint use
- Begin PROM exercises as needed

Week 6

- Continue range of motion, if needed
- Stop all splinting
- Commence strengthening