



4-Corner Fusion (Partial Fusion)

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Weeks 1-2

- Post-op dressings, above elbow for first 10 to 14 days
- Sutures removed at first post-op visit (10-14 days)

Weeks 2-4

- Short-arm thumb spica cast in slight ulnar deviation
- Begin digit and shoulder range of motion
- Patient education regarding avoiding gripping and resistive activities

Weeks 4-8

- Short-arm thumb spica cast for additional 4 weeks or until arthrodesis evident on radiographs
- May be casted up to 12 weeks
- Begin elbow range of motion

Weeks 8-12

- Convert to wrist splint
- Begin active range of motion of left wrist
- Scar mobilization
- Desensitization
- Modalities PRN
- Joint mobilization techniques contraindicated

Week 16

- May begin grip strengthening