

## **Ganglionectomy @ wrist w/capsular Repair**

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

### **Phase I: 0 - 4 weeks**

#### **Goals for Phase I:**

1. Wound monitoring
  2. Swelling control
  3. Functional ROM
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- A. Orthotics: Use wrist splint for protection and swelling control.
  - B. ROM: Work to restore normal active and passive of uninvolved joints. (No wrist motion until 4 wks post-op), aggressive A,AA,PROM to all fingers.
  - C. May perform light grip strengthening if wrist is maintained in neutral extension.
  - D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
  - E. Modalities: Can utilize for pain, inflammation, swelling control

### **Phase II: 4 – 8 weeks**

#### **Goals for phase II:**

1. Normal ROM
  2. Functional hand strength
  3. Use hand for normal ADL's
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- A. Orthotics: Gradually wean from wrist splint after 4<sup>th</sup> week
  - B. ROM: Continue A/PROM as needed
  - C. Strengthening: Progress strengthening as tolerated (wrist flexion, extension, UD/RD, pron/supination)
  - D. Functional activities: Use hand for ADL's as tolerated
  - E. Soft Tissue Management: Continue as needed
  - F. Modalities: Continue as needed

### **Phase III: 8 weeks to release**

#### **Goals for Phase III:**

1. Normal hand strength
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- A. Continue strengthening, conditioning, and functional activities as needed