

## Wrist Fusion

**\*\*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.

\*Patient is immobilized for one week post-operatively\*

### Phase I: 1-6 weeks

#### Goals for phase I:

1. Functional finger/elbow ROM
2. Fair to good hand strength
3. Control pain and swelling

- A. Orthotics: Patient to wear wrist splint 23 of 24 hours per day (for 6 weeks).
- B. ROM: No wrist motion. Finger and elbow A/PROM. Active forearm pronation/supination..
- C. Strengthening: grip strengthening , finger strengthening as tolerated
- D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
- E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

### Phase II: 6 - 12 weeks

#### Goals for phase II:

1. Normal finger/elbow ROM
2. Good strength

- A. Orthotics: Progressively discontinue use of splint
- B. ROM: Stretching/PROM as needed to restore normal motion to fingers and forearm
- C. Strengthening: Progressive grip strengthening and bicep/tricep strengthening
- D. Functional activities: Use hand for ADL's as tolerated; begin work/sports related activities
- E. Soft tissue management/modalities: Continue as needed

### Phase III: 12 weeks to release

#### Goals for phase III:

1. Normal strength
2. Return to work/sports activities

- A. Continue strengthening/conditioning/functional activities as needed