

## Wrist Sprain/Wrist Pain/Finger Pain

**\*\*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 can be progressed through phases of protocol more rapidly than time frames given, as tolerated.*

### **Phase I: 0 – 2 weeks**

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

1. Swelling and pain control
  2. Functional ROM
  3. Functional strength
- A. Orthotics: Wrist splint used for rest, protection and swelling control as needed
- B. ROM: Work to restore full A/PROM, normalize flexibility
- C. Strengthening: Start with AROM and ease into PRE's, progress as tolerated
- D. Functional activities: Use hand for ADL's as tolerated.
- E. Soft tissue management: swelling control, desensitization
- F. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

### **Phase II: 2 – 4 weeks**

#### **Goals for Phase II:**

1. Normal ROM
  2. Good strength
  3. Begin work/sports activities
- A. Orthotics: Discontinue splint use
- B. ROM: Continue ROM as needed
- C. Strength: More aggressive PRE's, weights, thera-band etc.
- D. Functional activities: sports/work related activities as tolerated

### **Phase III: 4 weeks to release**

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

1. Normal strength
  2. Return to work/sports
- A. Continue strengthening/conditioning/functional activities as needed