

First Dorsal Compartment Release Rehab Protocol

Dr. Nielsen

0-2 weeks

- Bulky post-op dressing for 3 days
- ROM: Early finger and wrist ROM encouraged
- Elevation with hand above elbow and heart for first few days
- No lifting over 5 lbs

2-4 weeks

- Suture removal at 10-14 days
- Scar massage and desensitization starting 3 days after suture removal
- ROM: encourage finger and wrist ROM

4+ weeks

- No restrictions
- Modalities PRN