

Proximal Row Carpectomy Rehab Protocol

Dr. Nielsen

0-2 weeks

- Post-op wrist splint
- Aggressive active and passive finger ROM instructed

2-6 weeks

- Sutures removed at 2 week post-op appointment
- Short arm cast in slight extension with MCPs completely free
- ROM
 - Aggressive active and passive finger ROM

6-8 weeks

- Short arm FRC with fingers free
 - Wear at all times except when exercising and bathing
- ROM
 - Active ROM for wrist flexion and extension, radial and ulnar deviation, forearm rotation

8-10 weeks

- Begin weaning out of short arm FRC
 - No lifting more than 5 pounds out of brace
 - Wear in public and for all heavier activities
- Therapy: begin 3/week
- ROM
 - Continue active wrist ROM
 - Start passive wrist ROM exercises (flexion, extension, deviation, rotation)
- Strengthening
 - Begin finger and grip strengthening exercises as tolerated
 - No wrist strengthening yet

10-12 weeks

- Wean out of FRC completely
- Therapy: 2-3/week
- ROM
 - Aggressive active and passive motion (typically 30-40 degrees is best outcome)
- Strengthening for fingers and wrist as tolerated

12+ Weeks

- Visit with Dr. Nielsen at 12 weeks and 6 months post-op
- No formal restrictions
- Continue strengthening