



**ORLANDO HAND SURGERY ASSOCIATES
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Proximal Row Carpectomy

0-2 weeks:

Splint/Cast: Postop splint in place.

Motion: AROM and PROM exercises are initiated to all fingers and forearm, including tendon gliding exercises with the splint/cast on.

2-4 weeks:

Splint/Cast: Short arm cast in place

Motion: Same as above

4-8 weeks:

Splint/Cast: Short arm cast is discontinued and short arm orthoplast splint is fabricated. Coban, digit sleeves ACE wrap and edema control modalities per therapist.

Motion: Begin AROM/AAROM at week 4. 2lb lifting restriction.

8-12 weeks

Splint: Continue short arm splint until week 10 and is then no longer necessary.

Motion: Begin finger and wrist strengthening using putty or other modalities as per therapist. Begin wrist PROM and continue wrist AROM/AAROM. 10 lbs lifting restriction starting at 8 weeks and no restrictions by 10 weeks. Transition to HEP by 8-10 weeks.

Please call with questions or concerns at the phone number above.