



ORLANDO HAND SURGERY ASSOCIATES
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Scaphoid Fracture Non-Operative

0-8 weeks:

Cast: Short arm thumb spica cast for 4 weeks followed by short arm cast for 4 weeks.

Motion: AROM of fingers and thumb IP joint

10 Weeks:

Obtain CT scan to confirm healing and if healed, transition to short arm splint and can start PROM/AROM of wrist

12 Weeks:

Can begin strengthening

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