



ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705

Scaphoid Nonunion Open Reduction Internal Fixation with Autograft

POD 10-14:

Splint/Cast:

- If screw only: Remove postop dressing and sutures and go into short arm thumb spica cast (IP free) x 8-12 weeks (until healing confirmed by CT scan)
- If screw + pins or pins only: Remove postop dressing and sutures and go into short arm thumb spica cast (IP free) until pin removal at 4-6 weeks and then protocol as above with cast until healing confirmed on CT scan at 8-12 weeks

Motion:

- AROM of fingers and thumb IP joint

8-12 Weeks (after healing confirmed on CT):

Cast/Splint: Can discontinue cast and fabricate short arm splint and can come out for ROM

Motion:

- Start AROM and PROM after hardware is removed (if applicable) and CT confirms healing
- Begin progressive strengthening 2 weeks after starting motion

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