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## **Scaphoid Fracture ORIF**

### **POD 8-10:**

#### 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

### **4-6 Weeks:**

#### Splint/Cast:

- Discontinue thumb spica cast and change to a well molded short arm cast

Motion: as above

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

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

#### 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.