

Wrist DRUJ Arthroplasty Protocol

Primary Concerns	
	<ul style="list-style-type: none"> • Edema control with edema glove • Scar tissue formation • Surgical wrist positioning and support

Phase 1	Surgery to 2 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Unrestricted pain free AROM of the elbow, forearm, wrist, digits • PROM of the digits at MP, PIP, DIP level • Cryotherapy • Scar massage • Patient may use UE for basic ADL and IADL tasks if pain free • Even with splint on, avoid heavy loading of the wrist
Splint	<ul style="list-style-type: none"> • Place patient in Muenster splint with wrist in neutral to slight extension, forearm in neutral, elbow free for motion <ul style="list-style-type: none"> ○ Digits 1-5 left free for motion • Splint to be worn at all times with removal for bathing and HEP

Phase 2	4-6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3x per week depending on patient AROM
Precautions	<ul style="list-style-type: none"> • Maintain pain free motion and function
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue with AROM for elbow, forearm, wrist, digits • Initiate isometrics for wrist, forearm, elbow, shoulder
Splint	<ul style="list-style-type: none"> • Continue with full time splint wear but the current splint can be trimmed down to forearm based splint

Phase 3	6 weeks+ post-op
Appointments	<ul style="list-style-type: none"> • 1-3x per week depending on patient motion and strength
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Modalities as needed • Initiate PROM of elbow, forearm, wrist • Initiate concentric strengthening for elbow, forearm, wrist, hand
Splint	<ul style="list-style-type: none"> • Transition from Muenster splint to wrist cock up splint as needed <ul style="list-style-type: none"> ○ Usually, the patient is splint free by 7-8 weeks post operative