

Wrist Arthroplasty Protocol

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, wrist, forearm, 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
Splint	<ul style="list-style-type: none"> • Place patient in wrist cock up splint with wrist in neutral to slight extension <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 • Continue with current brace-wearing protocol
Splint	<ul style="list-style-type: none"> • Splint can be removed during non-active times such as reading or watching TV, but continue with nighttime wear and with activities

Phase 3	6-8 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"> • Brace may be discontinued • Modalities as needed • Initiate PROM of elbow, forearm, wrist • Initiate concentric strengthening for elbow, forearm, wrist, hand

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Phase 4	8 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Advance strengthening to open/closed chain exercises as needed
Primary concerns	<ul style="list-style-type: none"> • Edema control with edema glove • Scar tissue formation • Surgical wrist positioning and support