

## Wrist DRUJ Arthroplasty Protocol

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

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

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

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