

MIDWEST
ORTHOPAEDICS
at RUSH

   

0-6 Weeks:	Posterior mold splint and sling until first post-op visit Splint removed and use of cock up wrist splint for weeks 2-6 Advance PROM into AAROM and AROM as tolerated No resisted supination or pronation No lifting Desensitization and scar massage as soon as sutures are removed
6-12 Weeks:	Once motion achieved, progress into bands Lifting initiated in forearm supination or neutral Light lifting with pronation initiated as tolerated by week 9
12-16 Weeks:	Progress lifting in all forearm positions as tolerated Full return to activity as tolerated