

1st Dorsal Compartment Release

Dr. Staiger

NOTE: Therapy not routinely scheduled post-op.

*If needed schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> • Evaluate and Treat. • Instruct in edema management. • Instruct in active wrist flexion/extension, ulnar/radial deviation exercises. • Instruct in general tendon gliding exercises. • Instruct in active thumb exercises especially palmar abduction and extension for tendon gliding under scar. • Initiate passive range of motion as needed. <ul style="list-style-type: none"> ○ Provided there is minimal pain and swelling. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Edema control • Scar management • Pain management
Phase II 3 Weeks	<ul style="list-style-type: none"> • Assess for Radial Nerve Irritability and if present: <ul style="list-style-type: none"> ○ May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. • Continue with previously listed exercises. 	<ul style="list-style-type: none"> • Continued edema, scar, and pain management
Phase III 4-6 Weeks	<ul style="list-style-type: none"> • Instruct in home program: <ul style="list-style-type: none"> ○ strengthening exercises for wrist, thumb, and grip. 	<ul style="list-style-type: none"> • Functional ROM • Progression of HEP