

## Amputation

### Dr. Staiger

Time Frame	Treatment	Goals
Phase I Post-Op Day may vary sometimes 1-3 days sometimes 10-14 days	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change (if prior to doctor visit) and check for signs/symptoms of infection.</li> <li>• Instruct in wound care.</li> <li>• Instruct in active range of motion, active assistive range of motion, and passive range of motion exercises.</li> <li>• Instruct in edema management techniques.</li> <li>• Typically, no orthosis is needed.</li> <li>• Explain phantom pain and discuss the psychological impact of traumatic loss.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Wound healing</li> <li>• ROM</li> </ul>
Phase II 10-14 Days	<ul style="list-style-type: none"> <li>• Continue with above instructions.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue a prefabricated Digicap (A9270) (to be worn once incision is healed).</li> <li>• Educate in contour wrapping for shaping of the stump.</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• Stump shaping</li> </ul>
Phase III 3 Weeks (If needed)	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema and scar control</li> <li>• Pain management</li> <li>• Desensitization</li> <li>• Functional ROM</li> </ul>
	** Further visits may be needed with use of modalities and exercises depending on motion and sensitivity.	