

## Ulnar Shortening Osteotomy

**Dr. Staiger**

\*If needed schedule OT same day as doctor.

\*\* Remember the procedure was completed to eliminate pain on the ulnar side of the wrist, so the client should complete the exercises in a comfortable range.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Fabricate a forearm based zipper wrist cock-up orthosis (L3906) to be worn between exercises and during the night.</li> <li>• Fit with a DRUJ Wrap (A4467) such as a Carpal Guard, Squeeze Ulnar Compression Wrap, or Bullseye Wrist Wrap. <ul style="list-style-type: none"> <li>○ This is to be worn when doing exercises.</li> </ul> </li> <li>• Instruct in edema management.</li> <li>• Instruct in active wrist and forearm exercises.</li> <li>• Instruct in tendon gliding exercises and gentle PROM of the fingers if needed.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Scar management</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> <li>○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm<sup>2</sup>, 3 MHz) and pulsed (i.e. 20%) setting when over the plate area.</li> </ul> </li> <li><b>* Client will be seen later than this if TFCC was repaired.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema, scar, and pain management</li> </ul>
Phase III 6 Weeks	<ul style="list-style-type: none"> <li>• Depending on doctor's visit, wear time of the wrist cock-up orthosis is decreased.</li> <li>• Gentle dynamic splinting may be initiated as determined by physician.</li> <li>• Begin gentle PROM for the wrist.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase IV 8 Weeks	<ul style="list-style-type: none"> <li>• Initiate progressive strengthening of the fingers.</li> </ul>	<ul style="list-style-type: none"> <li>• Hand PREs</li> </ul>
Phase V 12 Weeks	<ul style="list-style-type: none"> <li>• Begin wrist and forearm strengthening.</li> </ul>	<ul style="list-style-type: none"> <li>• Wrist and forearm PREs</li> </ul>