

Wrist Four Corner Fusion

Dr. Staiger

*Schedule OT 6 weeks post-op, same day as 6 week doctor appointment.

Time Frame	Treatment	Goals
Phase I Post-Op 6 Weeks	<ul style="list-style-type: none"> • Evaluate and Treat. • Instruct in edema management techniques as needed. • Custom fit with Zipper wrist cock-up orthosis(L3906). Instruct in orthosis wear and care. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Educate patient on gentle ROM exercises. • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> • Protection • Edema control • Pain management • Scar management • ROM