

# 1<sup>ST</sup> DORSAL COMPARTMENT RELEASE

Dr. Widstrom

Time Frame	Treatment	Goals
Post-Op Day:  Same day as Dr	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Instruct in edema management</li> <li>• Instruct in active wrist flexion/extension, ulnar/radial deviation exercises</li> <li>• Instruct in general tendon gliding exercises</li> <li>• Instruct in active thumb exercises; palmar abduction and extension for tendon gliding under scar (PROM if needed)</li> <li>• Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> <li>• Scar management</li> </ul>
Phase I:  3 weeks post op	<ul style="list-style-type: none"> <li>• May use Modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Edema Management</li> </ul>
Phase II :  4-6 weeks post op	<ul style="list-style-type: none"> <li>• Initiate progressive resistive exercises as tolerated               <ul style="list-style-type: none"> <li>○ Strengthening for wrist, thumb and grip</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Update HEP</li> </ul>