

Wrist Four Corner Fusion

Dr. Widstrom

❖ **Schedule OT same day as doctor appointment**

Time Frame	Treatment	Goals
Initial visit: Same day as MD	<ul style="list-style-type: none"> • Evaluate and Treat • Fabricate Exos wrist cock-up orthosis. • Instruct in splint wear and care. • If ordered by doctor: <ul style="list-style-type: none"> ○ Instruct in edema management techniques. ○ Instruct in scar management techniques, Issue scar pad ○ Educate patient on gentle ROM exercises. 	<ul style="list-style-type: none"> • Edema management • Orthosis wear and care • Scar management` • ROM • HEP
Phase I: 3-weeks post-op	<ul style="list-style-type: none"> • 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"> • Scar management • ROM