

**OPEN SCAPHOLUNATE REPAIR with internal brace
DR MENCINAS, MD**

10-14 DAYS POST OP

Appropriate edema control is initiated. Encourage digital AROM/PROM.

4-6 WEEKS POST OP

Cast is removed. A custom forearm thumb spica is fabricated until 7-8 weeks post op in between exercises and at bed.

Begin scar tissue management. Progress pain/inflammation management.

Initiate AROM of wrist and thumb.

Focus on dart thrower's motion

8-10 WEEKS POST OP

Initiate gentle PROM and strengthen as indicated.

10-12 WEEKS POST OP

Orthosis is discontinued for daily functional use with the exception of high-risk activities.

Considerations:

Generous expectations for wrist ROM is 70/60.

Protect for 10-12 weeks post op.