

**ULNAR SHORTENING OSTEOTOMY
DR MENCIAS, MD**

7-10 DAYS POST OP

Fabricate custom wrist splint with dorsal clamshell piece.
Initiate AROM of all uninvolved joints.
Initiate edema management.

2 WEEKS POST OP

Initiate AROM to wrist and FA: begin with short arc motion for 1-2 days then transition to mid range motion and then attempt full arc motion by the end of the week is encouraged.
Initiate scar management
To maximize supination, flex the elbow fully and attempt supination
To maximize pronation, allow the elbow to extend to 30 degrees and pronate

4 WEEKS POST OP

Transition splint: remove dorsal piece
May remove splint for light ADLs and sedentary activities.
May begin gentle PROM of the wrist as needed

6 WEEKS POST OP

Initiate gentle progressive strengthening
Continue splinting while sleeping, out in public, or when lifting more than 3#

6-8 WEEKS POST OP

Discontinue splint, 8 weeks max
Continue to progress with strengthening

8-12 WEEKS POST OP

Bony union must be confirmed prior to weight bearing activities
Once MD confirms union-
Initiate weight bearing activities and resume ADLs/prepare to return to work

GOALS:

Return to unrestricted use of the affected arm by 12 weeks post op (pending confirmation of bony union) with full ROM and 100% grip strength.

NOTE:

Procedure is completed to eliminate wrist pain on the ulnar side. Therapy should work within a patient's comfort level. Never force motion or perform strenuous exercise when maximizing ROM is the priority. A pain free arc of motion is the goal.