

Name _____

Date _____

Physician _____



proaxistherapy™

Patient Flow Sheet

TFC CENTRAL REPAIR ***NOT COMPLETED*** Steadman*Hawkins Protocol

Post op

Goals: Control edema and pain

Protect repair

Minimize deconditioning

Intervention:

- Bulky post-op dressing is removed
- Edema control begun with light compressive dressing to hand and forearm prn
- Active ROM exercises for wrist and forearm are begun 4-8 times a day
- A wrist splint is fabricated to wear between exercises and at night

Post Op Days 10-14

Goals: Control edema and pain

Continue to protect repair

Begin scar management

Intervention:

- Scar management begun within 48 hours of suture removal
- Initiation of active-assist ROM for wrist and forearm

Post Op Day 15-28

Goals: Control edema and pain

Improve ROM

Intervention:

- Passive ROM of wrist and forearm may be initiated
- Dynamic wrist splinting may be begun to improve ROM
- Weighted wrist stretches may be initiated – also to increase ROM

Post Op Day 29-42

Goals: Continue with ROM gains

Begin strengthening

Intervention:

- Progressive strengthening may be begun using putty or a hand exerciser
- The wrist immobilization splint may be discontinued if the patient is asymptomatic in the ulnar area.