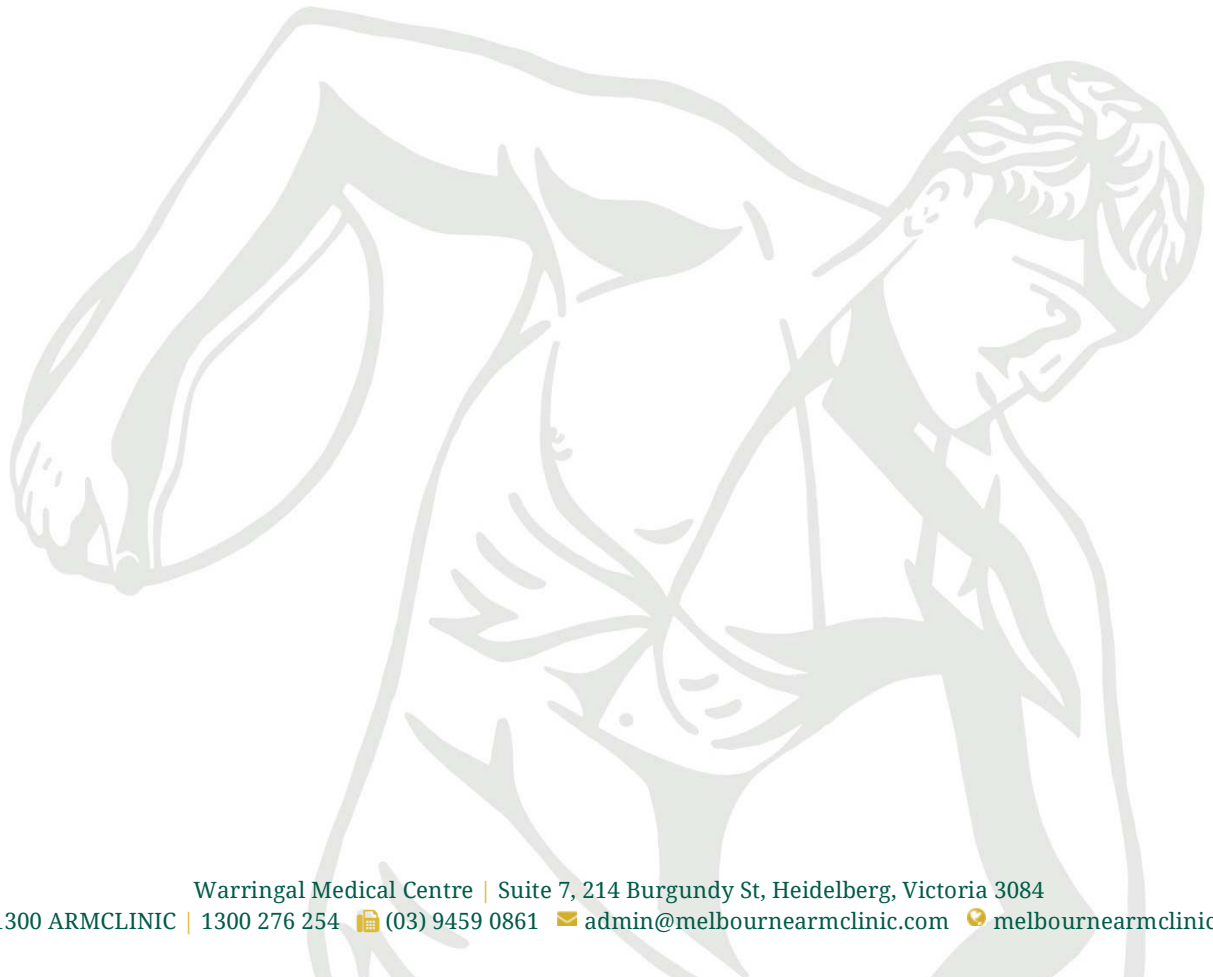




# Full Wrist Fusion Protocol





# Full Wrist Fusion

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Sling	When will I go home?	What can I do?	What can't I do?
2 weeks	You will be discharged on the <u>same</u> day as the operation	Rest in a splint/plaster	No lifting

## Acute phase (0-2 weeks)

### Goals

- Reduce pain

### Rehabilitation

- Rest in plaster/splint
- Sling for comfort

## Intermediate phase (2-6 weeks)

### Goals

- Control pain
- Immobilise to gain union of fusion site

### Rehabilitation

- Change into splint
- Mobilise shoulder and elbow joints

## Late phase (>6 weeks)

### Goals

- Regain range of movement in wrist
- Regain strength, proprioception and function

### Rehabilitation

- Remove splint
- Mobilise wrist and hand
- Increase loading of wrist in graduated fashion

## Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
8 weeks	8 weeks	8 weeks	3 months