

## **Wrist Dorsal Capsulodesis Modified Blatt Procedure**

### (1) Week Post-operative

Post op dressings are moved.

The Patient may be casted or fabricate and fit patient with a thumb spica splint with IP free.

Initiate ROM exercises:

    Digits II-V - A/PROM ex.

    Thumb - BLROM of the MCP and IP joints.

Initiate wound care as indicated.

Initiate edema management and desensitization as indicated.

### 2 weeks

Sutures are removed.

Scar management is initiated.

Continue with the same ROM ex.

Edema management is continued as indicated.

### 4-6 weeks.

Begin to wean from the splint.

Initiate AAROM (gentle) of the wrist.

Use involved extremity in non-resistive functional activity. (ie bathing, grooming)

Initiate light gripping putty exercises.

Edema management is continued as indicated.

### 8 weeks

Splint is discontinued.

### 12 weeks.

Progress to PROM of the wrist and strengthening as tolerated.

Limitation of wrist ROM and strength is expected of up to 40%.

### Considerations:

Consider the use of ultra-sound to address adhesions or pain at 4-6 weeks.