

## FORCE ORTHOPAEDICS HAND PROTOCOLS

### ECRB/ECRL DEBRIDEMENT:

- Treatment initiated @ 4 days post-op
- Expected treatment at 1-2x per week for 4-8 weeks (unless heavy job demands)
  - **Initial visit:** Removal of post-op dressing, application of steri-strips if needed, fitted with elbow pad and fabrication of LAS splint @ 90 of elbow flexion and neutral wrist and forearm. Instruction in home program for Active and PROM for wrist, forearm, and elbow.
  - **2<sup>nd</sup> visit:** Instruction in scar management techniques; edema management; splint discontinued at 2 weeks post-op. Progression to weighted stretches as needed.
  - **3<sup>rd</sup> visit:** progression of home program with soft tissue stretching; continued scar/edema management.
  - **4<sup>th</sup> visit:** At 4 weeks post-op, may initiate strengthening as patient tolerates.
  - **5<sup>th</sup>-8<sup>th</sup> visits:** Progression of strengthening and readiness for work and/or home.