

Dr. Robert Wysocki

Scaphoid Fx – Cast treatment

Duration of cast immobilization:

*****Distal one-third: 6-8 weeks in short arm thumb spica cast

A custom-molded thumb spica splint in 10 degrees extension may be considered for between exercises

Once immobilization is complete patients may begin AROM or wrist and 1 week later passive motion and progressive strengthening with 1-2 lb weights. Patients are cautioned against forceful/weight-bearing activity through palm or forceful passive wrist extension.