

Dr. Robert Wysocki

Scaphoid Fx - ORIF

10-14 days: The postoperative dressing is removed. A light dressing and edema control are applied as needed.

Splint: A short-arm thumb spica cast is applied

Motion: Active and passive range of motion of all fingers is initiated, with special emphasis on FPL/FDP index for volar approach, EPL/EDC index for dorsal

6-16 weeks: Union time is highly variable based on fracture location, time course, etc.

Splint: When union achieved, patient receives a forearm based thumb spica removable splint to wear between exercises, and at night.

Motion: Begin active range of motion of wrist

1 week after union:

Splint: continued as above.

Motion: continue as above, and add gentle passive and active-assist ROM

3-4 weeks after union:

Discontinue splint except for at risk activities. Begin progressive strengthening, focused on hand weights.

Consider work conditioning for laborers. Gradual return to full activity, sports by 6 weeks after union