

Ulnar Shortening Osteotomy Protocol

Day 3-5

Remove surgical dressing and inspect wound.

Fabricate long arm splint, neutral rotation

Begin elbow flexion/extension exercises. Finger ROM.

Instruct on wound care. Patient may shower out of splint but may not soak wound in water.

Therapy 1-2 times per week

Week 2

Begin Wrist flexion/extension exercises. Instruct on scar massage, edema control Therapy 1-2 times per week

Week 4

Transition to short arm splint

Begin supination/pronation ROM without resistance Therapy 1-2 times per week

Week 6

Continue short arm splint.

Begin gentle strengthening exercises Therapy 1-2 times per week

Week 8

Continues ROM and increase strengthening activities.

Discontinue splint

Therapy 1-2 times per week. Goal is full motion and 80% grip strength at 12 weeks.