

OCCUPATIONAL THERAPY – HAND THERAPY

DISTAL RADIO-ULNAR JOINT REPLACEMENT- Professor Imam



Op – patient is placed in POP for 2/52 & then reviewed by consultant following removal of POP and stitches.

2/52 post op

- Fabricate thermoplastic cock-up splint (as below) to be worn 24/7 for 4/52 more



- Exercises:
 - AROM of forearm & wrist
 - Gentle PROM of wrist & very carefully of forearm
 - AROM of fingers (composite intrinsic plus & fist)
- Once scar healed then soak hand & commence scar massage etc.

6/52 post op

- Remove thermoplastic splint at day time, wear for protection and at night only
- Provide neoprene wrist support for day time as required
- Exercises (graded as appropriate):
 - AROM of forearm & wrist
 - Work on wrist stability with slow controlled flexion / extension
 - Resisted wrist movement
 - Grip strength
- Scar management – massage, hypersensitivity, cica-care gel

8/52 post op

- Remove splint completely
- Grade exercises appropriately
- Advise no contact sports / heavy lifting until 12/52

10-12/52 post op

- Grade exercises and grip strengthening
- Manage scar & any hypersensitivity
- Consider a wrist strap for heavier activity as required
- Consider the associated complications of any arthritis within the hand / wrist