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Practice Administrator

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(1902 - 1979)

Charles Brown, M.D.
(1917 - 2005)

Fred F. Teal, M.D.
Retired

Theodore J. Clarke, M.D.
Emeritus

Arthroscopy Wrist (also Arthroscopy with TFCC Debridement)

- Day 3 Change Dressing, clean wound, inspect wound
Short Arm Splint, Fingers free, wrist 10-20 degrees extension
Begin Finger ROM active and assisted to maintain full ROM
Therapy 1-2x/week
- Day 14 Discontinue Splinting
Begin active and Assisted ROM Wrist
Begin progressive strengthening, putty/gripper
Record ROM and Strength Weekly
Goal is full ROM and 80% grip by week 6
Therapy 2-3X/week

Therapy note including ROM and Strength measurement to be forwarded to physician for 6 week appointment.