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(1902 - 1979)

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(1917 - 2005)

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Theodore J. Clarke, M.D.
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Blatt Dorsal Wrist Capsulodesis

- Day 3** Dressing change, inspect wound,
Short arm splint with wrist in 30 degrees of extension,
fingers in safe position
Initiate ROM all digits, active and passive as needed
Instruct on pin care, monitor pins
therapy 2-3x/week to maintain digital ROM
- Week 2** Instruct on scar massage
Continue above regimen
- Week 8** Pins removed by physician
Begin wrist active and assisted ROM, goal is 60 degrees extension
and 40 degrees flexion by week 10
Begin strengthening program, theraputty, gripper and other
graduated
resistance programs, goal is 80% grip strength by week 12
Therapy2- 3x/week, increase if needed to reach targets
Splint to be worn sleep/travel/crowds, fingers free
- Week 10** Begin work simulation/work hardening, report to physician to
include any functional limitations specific to work tasks, goal full
return to work by week 12.
Discontinue all splinting
- Note-** Reports to physician must accompany patient at week 2,6,10
Beginning week 6, weekly measurements on strength and ROM
which must be recorded on above reports