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## Dorsal Wrist Ganglion

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Sports Medicine  
Surgery of Knee

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Spinal Surgery

Ted Parks, M.D.  
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Arthroscopic Surgery

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Hand Surgery

Valerie C. Suleski, M.A.  
Practice Administrator

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Foster Matchett, M.D.  
(1902 - 1979)

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

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

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Day 3            Dressing change, clean and inspect wound, therapy 1-2X /week  
Apply splint with wrist in 30 degrees flexion  
Initiate finger active and passive ROM to maintain full ROM

Day 21           Discontinue splinting, therapy 1-2 X/week  
Begin active and passive wrist ROM; goal full ROM by week 4  
Begin progressive resistance program, putty and gripper;  
goal 80% or better grip strength by week 6  
Instruct on scar massage  
Record ROM and Strength weekly

Therapy note to physician for week 6 appointment to include Strength and ROM measurements