



1830 FRANKLIN STREET, SUITE 450
DENVER, COLORADO 80218

Phone: 303-321-1333
Toll Free: 888-900-1333
FAX: 303-321-0620
www.western-ortho.com

James C. Holmes, M.D.
General Orthopaedics
Sports Medicine
Surgery of Knee

Timothy J. Birney, M.D.
General Orthopaedics
Spinal Surgery

Ted Parks, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Armodios M. Hatzidakis, M.D.
General Orthopaedics
Shoulder and Elbow

Gareth E. Shemesh, M.D.
Physical Medicine and Rehabilitation
Electrodiagnostic Medicine

Raj Bazaz, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Kevin K. Nagamani, M.D.
General Orthopaedics
Foot and Ankle

Brian J. White, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Steven M. Traina, M.D.
General Orthopaedics
Sports Medicine
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.
Hand Surgery

Valerie C. Suleski, M.A.
Practice Administrator

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

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

Fred F. Teal, M.D.
Retired

Theodore J. Clarke, M.D.
Emeritus

Proximal Row Carpectomy Protocol

- Day 3** Dressing change, inspect wound
Short arm splint, wrist in neutral, fingers in safe position
Begin active and passive range of motion all digits to maintain full range of motion
Therapy 2-3 times weekly
- Week 2** Sutures removed by physician
Instruct on scar massage
Continue above regimen
- Week 4** Begin wrist active and passive range of motion, goal is 30 to 40 degrees flexion and extension by week 10
Begin strengthening program, Theraputty, gripper, other graduated resistance techniques, goal is 80% grip strength by week 10
Fingers free in splint, splint for sleep/travel/crowds
Therapy 2-3 times weekly, increase as needed to maintain goals
- Week 10** Begin work stimulation/hardening, full return to duty by week 12
Report to physician to include any work specific functional deficits
Therapy 3 times weekly
- Note:** Note forwarded to physician at week 2, 6, 10, prior to physician's appointment. Beginning week 6, strength and range of motion to be recorded weekly and included in note to physician.