



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

Radial-carpal Fusion Protocol

- Day 3** Dressing change, Inspect wound
Short arm splint wrist in neutral fingers in safe position
Instruct on pin care, monitor pin site
Begin active and passive ROM all digits to maintain full ROM
Therapy 2-3 times per week
- Week 2** Sutures removed by physician
Instruct on scar massage
Continue above regimen
- Week 6** Pin removed by physician
Begin wrist active and passive ROM, goal is 30-40 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 freed on splint, splint for sleep/travel/crowds
Therapy 2 times per week, increase as needed to maintain goals.
- Week 10** Begin work simulation/hardening, full return to duty by week 12
Report to physician to include any work specific functional deficits
Therapy 2x/week

Note: Note forwarded to physician at week 2, 6, 10 prior to physician appointment. Beginning week 6 strength and ROM to be recorded weekly and included in note to physician.