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(1902 - 1979)

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(1917 - 2005)

Fred F. Teal, M.D.
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Theodore J. Clarke, M.D.
Emeritus

Ulnar Shortening Osteotomy Protocol (also hemiresection ulna protocol)

Day 3-5

Remove surgical dressing and inspect wound.
Fabricate long arm splint, neutral rotation
Begin elbow flexion/extension exercises. Finger ROM.
Instruct on wound care. Patient may shower out of splint but may not
soak wound in water.
Therapy 1-2 times per week

Week 2

Begin Wrist flexion/extension exercises.
Instruct on scar massage, edema control
Therapy 1-2 times per week

Week 4

Transition to short arm splint
Begin supination/pronation ROM without resistance
Therapy 1-2 times per week

Week 6

Continue short arm splint.
Begin gentle strengthening exercises
Therapy 1-2 times per week

Week 8

Continues ROM and increase strengthening activities.
Discontinue splint
Therapy 1-2 times per week. Goal is full motion and 80% grip strength at
12 weeks.