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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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## Ulnar Shortening Procedure

- Day 3** Change dressing  
Clean and inspect wound  
Begin active and assisted ROM digits and gentle active and assisted wrist flexion and extension  
Also elbow flexion and extension  
No Supination/pronation  
Long arm splint elbow 70 degrees flexion, forearm neutral rotation, wrist 20 degrees extension, fingers free  
Therapy 1-2X/week
- Week 2** Sutures removed by physician
- Week 6** Begin supination/pronation ROM program  
Address any deficits wrist ROM  
Begin progressive strengthening program putty/gripper and other graded exercises. No resisted supination/pronation until week 10  
Change to short arm splint, thumb and fingers free  
Goal is full ROM by 10 weeks, 80% grip by 12 weeks  
Record ROM and Strength measurements weekly  
Therapy 3X/week
- Week 10** Discontinue splint  
Address any functional deficits  
Work Conditioning  
Therapy 3x/week, increase if needed
- Therapy notes to be forwarded for week 2,6,10,14 appointments. Weekly record of ROM and strength to be included in reports as indicated.