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Electrodiagnostic Medicine

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Knee and Shoulder Surgery

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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

Volar Wrist Ganglion

- Day 3 Change Dressing, therapy 1- 2X per week
Apply splint wrist in 30 degrees extension
Begin active and passive finger ROM to maintain full ROM
- Day 21 Discontinue splinting, therapy 1-2 X per week
Begin active and passive wrist ROM : goal is full ROM at week 4
Begin progressive resistance program with putty and gripper;
goal is 80% or better grip 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.