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WRIST ARTHRODESIS PROTOCOL

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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

- Day 3** Clean wounds (including hip), Change dressing
Apply short arm splint, thumb and fingers free
Initiate thumb and finger ROM
See patient 1-2 times per week to maintain digital motion
- Week 6** Begin Strengthening
Therapy 2- 3x/week, goal is 80% strength by 12 weeks