

TOTAL WRIST REPLACEMENT



Aim Decrease pain, improve function and increase stability

In-Patient

POP for 2 weeks
Encourage active finger and hand movements as able

2 weeks

Re-assess: If lax, splint for 4 weeks more allowing full MCP joint movement
If stiff, removable splint provided and gentle wrist movements started, no functional exercises

4 weeks

Remove POP/splint
Gradually increase active movements and start functional activities

6 weeks +

Re-education of wrist extension i.e. differentiation between finger and wrist extensors
No weight bearing on joint at all
Heavy, functional work to be done only when wearing splint
Advised against impact loading and repetitive forceful hand activity

Start OT

Expected Outcome

Significant pain relief
ROM flex – ext 20-30 degrees
Abduction 5 degrees
Adduction 20 degrees