

## 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