



Orthopaedic Protocols

Occupational Therapy Protocol Open Scapholunate Ligament Repair with Blatt Capsulodesis

Immediately Post-op:

- Long arm thumb spica splint

Post-op Week 2:

- Switch to short arm thumb spica cast. This cast is changed periodically until 8 weeks

Post-op Week 8-10:

- The K-wires are removed & occupational therapy (OT) is initiated
- OT for short arm thumb spica thermoplastic splint, IP free. Unrestricted active range of motion (AROM.) Wrist passive extension but not forceful and only gentle active assisted wrist flexion. Thumb range of motion (ROM) is unrestricted

Post-op Week 12:

- Begin strengthening exercises & if full wrist flexion is not yet achieved, can be more aggressive
- Return to work. No return to heavy labor for 6 months after surgery.