

Extensor Carpi Ulnaris (ECU) Stabilization Post-Op Protocol

IMMEDIATELY POST-OP

- Keep dressing and splint clean and dry. Leave splint and dressing in place. Do not get the splint wet. Do not stick anything down or inside the splint.
- Ice and elevate for pain control and swelling.
- No lifting or weight bearing through the operative arm
- Ok to work on hand and finger motion once block wears off.
- Take all medications as prescribed.

Call the office (616-396-5855) with any questions or concerns.

POST-OP WEEK 1

First follow-up visit is in this week.

Will remove splint and have a hand therapist make a custom Muenster brace. Brace is to be worn at all times. It is ok to remove for showers/hygiene purposes.

Brace is to be worn full time. May remove for hygiene/showering. No soaking or submerging the wound.

Continue to ice and elevate for pain control and swelling.

Edema control per therapist.

Ok work on hand, finger, and elbow motion. No pronation or supination.

No lifting or weight bearing through the operative arm.

Take all medications as prescribed.

Cover incision with a light dressing if needed.

POST-OP WEEKS 2 – 6

Continue Muenster brace full time.

Continue to work on hand, finger, and elbow range of motion. No pronation or supination.

Start scar massage and desensitization exercises. Continue with edema control.

Ok to use operative arm for writing or light activities of daily living. No more than 1-2lbs

Continue sling when out of the house and while sleeping. Ok to remove sling when at home.

POST-OP WEEKS 7 – 8

Wean out of Muenster brace.

Continue with scar massage, desensitization exercises, and edema control.

Continue working on hand, finger, and elbow range of motion.

Begin wrist and forearm range of motion. Ok to start with active pronation and supination.

POST-OP WEEKS 9 – 10

Out of Muenster brace completely.

Continue to advance with active and may start passive pronation and supination.

May initiate light resistive exercises for the hand and wrist.

POST-OP WEEKS 11 – 12

Continue to advance with active and passive pronation and supination.

Advance resistive exercises for the hand, wrist, and forearm.

Begin work simulation activities.

POST-OP WEEKS 12+

No restrictions