



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Proximal Row Carpectomy  
Post-Operative Protocol**

Days 0-14:	<ul style="list-style-type: none"><li>• Placed in removable wrist brace; keep dressing clean and dry</li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li><li>• If fingers are swollen, feel free to take off wrist brace and loosen dressings</li><li>• Keep hand elevated above the level of your heart</li><li>• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth</li></ul>
Day 10-14:	Post-Op Appointment <ul style="list-style-type: none"><li>• Post-operative dressings removed</li><li>• X-rays are obtained to evaluate alignment</li><li>• Stitches are absorbable and steri-strips left in place</li><li>• Placed back in removable wrist brace</li></ul>
Weeks 2-4	<ul style="list-style-type: none"><li>• Remove wrist brace 3 to 5 times a day for 10 minutes to work on gentle range of motion</li><li>• No lifting/pushing/pulling more than 5 pounds</li><li>• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.) until steri strips fall off, or around the 4 week mark</li></ul>
Weeks 5-12	<ul style="list-style-type: none"><li>• Discontinue use of wrist brace during daily activity<ul style="list-style-type: none"><li>○ Wear brace only during sport related activity and heavy lifting</li></ul></li><li>• Continue to work on regaining full range of motion</li></ul>
3 Months:	<ul style="list-style-type: none"><li>• Return to unrestricted activity</li></ul>