



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Scaphoid Waist Fracture

- Start finger, elbow, and shoulder ROM immediately after surgery. Elevate and ice as much as possible. No lifting/pushing/pulling with hand.
- Follow up with me in 7-10 days for wound check. OT after visit for custom short arm splint and exercises. Thumb spica if pain with thumb motion.
- 2-6 weeks: Wear splint at all times except hygiene and exercises. Continue hand therapy with wrist active ROM exercises: flexion, extension, supination, pronation, radial/ulnar deviation. Lift < 2 lbs. Scar desensitization.
- 6-12 weeks: Wean out of splint. Begin strengthening and passive ROM, lift < 5 lbs. Start work conditioning or return to sport program at 10 weeks
- 12+ weeks: confirm healing (CT if needed). OK to return to full duty manual labor or contact sports at 3 months.