

# UVA HAND CENTER THERAPY

## ENDOSCOPIC CTR Post-Operative Protocol

MD	3-5 days post op	Post suture removal/14 days	2+ weeks
Chhabra	HEP: TGE NGE Wrist AROM Edema control Wound Care/Education Lifting/Forceful gripping precautions Light functional use allowed	HEP: Continue previous exercises Initiate Scar management Initiate Scar Desensitization Lifting precautions until 6 wks	Therapy PRN if issues arise
Dacus	HEP: TGE NGE Wrist AROM Edema control Wound Care/Education Lifting/Forceful gripping precautions Light functional use allowed	HEP: Continue previous exercises Initiate Scar management Initiate Scar Desensitization Lifting precautions until 6 wks	Therapy PRN if issues arise
Deal	HEP: TGE NGE Wrist AROM Edema control Wound Care/Education Lifting/Forceful gripping precautions Light functional use allowed	HEP: Continue previous exercises Initiate Scar management Initiate Scar Desensitization Lifting precautions until 6 wks	Therapy PRN if issues arise
Freilich	HEP: TGE NGE Wrist AROM Edema control Wound Care/Education Lifting/Forceful gripping precautions Light functional use allowed	HEP: Continue previous exercises Initiate Scar management Initiate Scar Desensitization Lifting precautions until 6 wks	Therapy PRN if issues arise
Morgan/Drake	NA	NA	NA