

PROCEDURE SPECIFIC WRIST CPM THERAPY

OPEN REDUCTION INTERNAL FIXATION^{3,4,5,6,8,12,13,14,15,20,21}

Set-Up

- CPM should be initiated within 24 hours postoperatively.^{8,11}
- If possible the patient should be instructed on wrist CPM use preoperatively to improve compliance.⁸
- The W2 wrist CPM is recommended for night use. The Maestra wrist CPM is recommended if an end range stretch is desired.

Wearing Schedule

- The CPM is used for 4-8 weeks, or longer, depending on the condition and specific physician PROM standard of practice.^{5,6,8}
- The CPM device initially is used 8-20 hours per day or as tolerated pain free (week one).⁸
- Usage per day may be decreased as swelling decreases. Daily use should increase if stiffness persists.⁸
- Duration of use is 4-6 weeks or as needed.⁸

PROM Goals

- Initially the CPM is set up through available ROM as determined by the physician.⁸
- “Full ROM attained during surgery may be less during the first 2-3 weeks due to edema.”⁸
- The patient increases or maintains ROM as tolerated, pain free to meet ROM goals.⁸

Note: Specific PROM and usage parameters determined by the physician.



W2 Wrist CPM



Maestra Wrist CPM

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