



## **Capitate Shortening Osteotomy & Bone Grafting for Kienbock's Disease**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

0-4 Weeks Post Op  
Short arm cast

4 Weeks Post Op  
Custom wrist support splint  
AROM/AAROM  
Digits  
Wrist  
Forearm  
Scar massage  
Silicone gel sheeting

6-8 Weeks Post Op  
Initiate gentle PROM—slow progression on wrist flexion to protect the bone graft