4 Corner Fusion Protocol
Sling | When will I go home? | What can I do? | What can't I do? |
---|---|---|---|
2 weeks | You will be discharged on the same day as the operation | Rest in a splint/plaster | No lifting |

**Acute phase (0-2 weeks)**

Goals
- Reduce pain

Rehabilitation
- Rest in plaster/splint
- Sling for comfort

**Intermediate phase (2-6 weeks)**

Goals
- Control pain
- Immobilise to gain union of fusion site

Rehabilitation
- Change into splint
- Mobilise shoulder and elbow joints

**Late phase (>6 weeks)**

Goals
- Regain range of movement in wrist
- Regain strength, proprioception and function

Rehabilitation
- Remove splint
- Mobilise wrist and hand
- Increase loading of wrist in graduated fashion

**Guidelines for return to functional activities**

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