Proximal Row Carpectomy: Interest to start rehabilitation immediately (D-1) after surgery
Proximal Row Carpectomy: 157 PubMed ref

Only 21 mention & compare:

- Functional results
- Rehabilitation
- Short & long term results
- Truly comparable figure

Anyone mention early rehabilitation

- One Year after surgery
  - 60 to 65% motion recovery
  - 60% (extreme 90%) Grip strength recovery (/controlat)
Proximal Raw Carpectomy: D1 Rehabilitation

Dr J.M. CLAISE, Dr G. CONSTANTINESCU, Dr P EDOUARD

Materiel & Methods

- 13 patients, 42 years average age
- 11/13 manual workers
- 7 Kienbock, 6 post trauma Arthrosis
- No immobilisation

Patients were immediately (D1) started on supervised motion and strengthening exercises of the wrist and the digits.

- 32 days of intensive therapy, with occupational therapy
- Evaluation with hand 400 points balance
Comparatives results

- Our results (6 WEEKS)
  - 55% grip strength recovery
  - 40 to 50% active motion recovery

- Long term results (12 Months) PUBMED ref
  - 60% grip strength recovery
  - 50 to 60% active motion recovery

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CONCLUSION

- D1 rehabilitation without immob.
- Quick functionnal results
  - 1 month
  - (3 to 6 months if immob)
- Quick return to work
  - 3 months
  - (6 to 12 mois if immob.)
- Appreciate by patients
  - Less painfull

Nearest publication
RCO