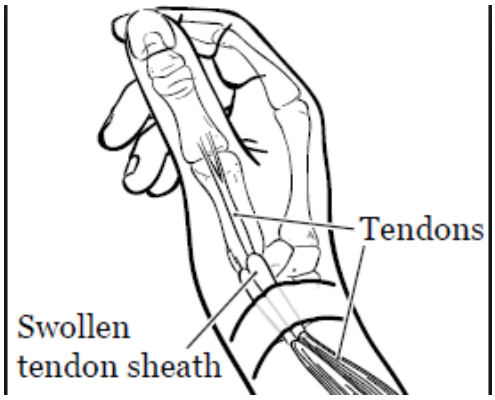
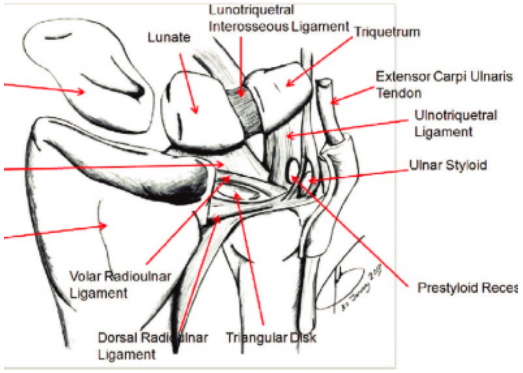
**WRIST**
**Surgeon: Andrew C. Morris, MD**
**Sports Medicine, Upper Extremity, Knee**
Assistant: Carey Machristie
1-(256)-236-4121
www.AndrewMorrisMD.com

# Diagnosis:

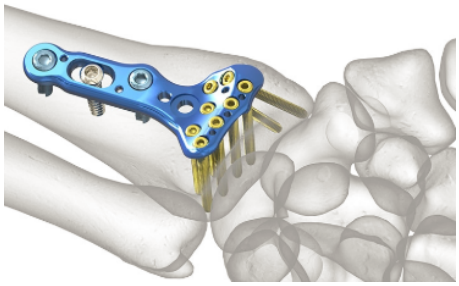
Fracture: Distal Radius Ulnar Styloid Scaphoid Carpal Bone _____
Ligament Sprain Tear Scaphoid-Lunate Lunate-Triquetrum DISI VISI CIND
Tendonitis DeQuervain's FCU ECU ECRL/B avulsion Masses Kienbock's Disease
Osteoarthritis: Basilar Thumb (CMC) Scaphoid Nonunion Advanced Collapse Lunate Advanced Collapse
Triangular Fibrocartilage Complex Injury (TFCC) Ulnar impaction syndrome Nerve Injury / Compression

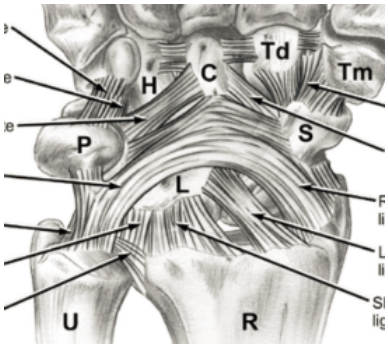


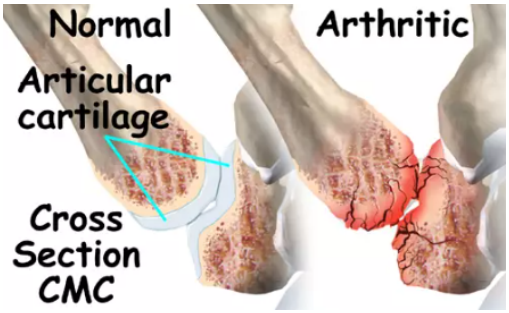












# Plan:

- Activity Modification
  - Anti-Inflammatory- NSAID's (meloxicam, celecoxib, ibuprofen, naproxen, etc.)
    - Hand Therapist- Range of motion, stretching, strength, custom orthotic, advice
      - Brace, Splint or Cast
        - Injections- steroid, PRP, Stem Cell
          - Surgery

_____

Suggested Websites for more information:
orthoinfo.aaos.org http://www.assh.org/handcare/ annistonortho.com/patient-education



Wrist range of motion



Wrist stretch



Grip strengthening



Wrist extension stretch



Wrist flexion



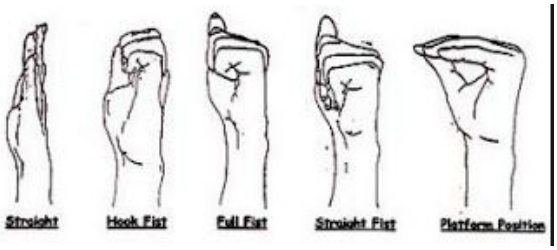
Wrist flexion stretch



Wrist extension



Forearm pronation and supination




Finger rehab: perform the following with rubber band, putty or play-doh daily:

