Treatment Interventions- Upper Body

Fractures of the Hand

* Orthotic fabrications - splinting, casting
* Modalities for pain relief and tissue healing
* Therapeutic exercises to improve ADL performance
* Home exercise programs enable client/patient to continue safe exercises at home between sessions to ensure continued progress
* Most severe complication of hand fractures is complex regional pain syndrome

Fractures of the Wrist

* ROM is allowed in the early phases of healing and repair
* Orthotics used to protect the extremity from motion or allow for protected motion
* Home program provided to increase progression of function and outcomes
* Exercises - AROM, blocking exercises, tendon and nerve gliding exercises, strengthening exercises
* Modalities used to prepare tissues for work and assist with pain relief and tissue healing

Fractures of the Forearm

* Orthotics use for immobilization as needed
* ROM is begun early, within the 1st week if medically cleared
* A sling is used for Type I fractures (non-operative/nondisplaced) or for comfort if the client/patient has pain and is nervous in public places.

Fractures of the Upper Arm

* Orthotics can be worn for support of the fracture ends
* ROM may begin as early as 2 weeks after nonoperative fractures as medically prescribed
* A sling is used to immobilize the fracture in nonoperative treatments
* ROM protocol consists of aggressive stretching and can begin 4-6 weeks after the fracture as prescribed by the physician
* Management at home - home exercise program is crucial for the return of motion and function and for ADL performance

Complex Regional Pain Syndrome

* Gentle, pain-free AROM for short periods; no PROM or painful treatment
* Stress loading: for example, scrubbing the floor, carrying a weighted handbag
* Pain control techniques: TENS, splinting (static, then dynamic as tolerated), continuous passive motion
* Edema control techniques: elevation, massage, AROM, contrast baths, compression
* Desensitization techniques, fluidotherapy
* Blocked exercises, tendon gliding
* Joint protection, energy conservation