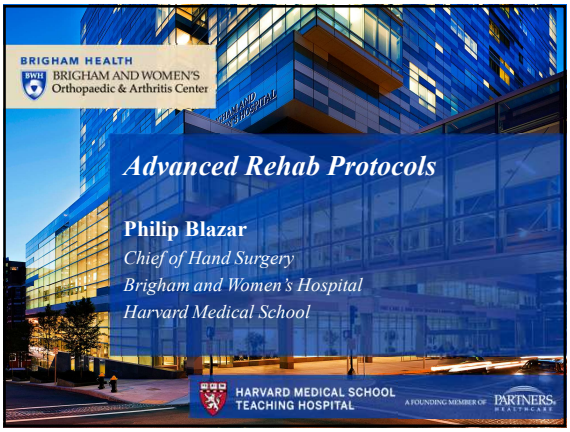

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What I/we are doing "new" with Rehab Protocols

- Dupuytren's
- Distal Radius
- Joint Rehab/Ortho Project we are launching

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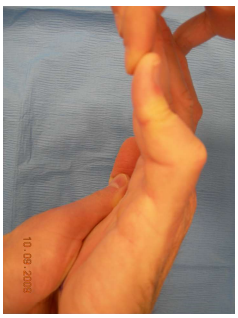
Dupuytren's

- **PIP Joint, contracture> 45**
- **After Nonsurgical Rx (CCH) manipulation, discrepancy between A and P rom**



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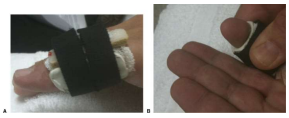
Dupuytren's

- **PIP Joint**
- **Tendency towards a boutonniere type deformity**
- **Skirven (JHS 2013, JHT 2012) Dorsal ext orthosis post manip and at 1 wk cylinder type full time**



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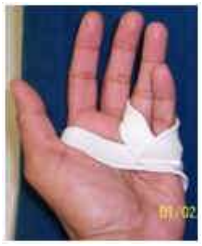
Dupuytren's

- **Severe PIP Joint**
- **Manipulation at 1 wk**
- **PM splint, all joints in full ext**
- **Day splint, reverse motion, Bouvier maneuver**



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Distal Radius

- **2014 BWH SCAMP on DR#**
- **Standardized Clinical Assessment and Management Plan**
- **New tool to drive iterative, adaptive quality improvement**

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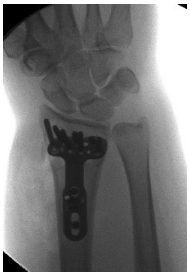
Distal Radius SCAMP

- **Rehab was part of our DR# SCAMP**
- ***Selective* use of Hand therapy after DR#**
- **Both for Op and Nonop rx.**



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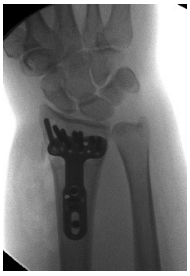
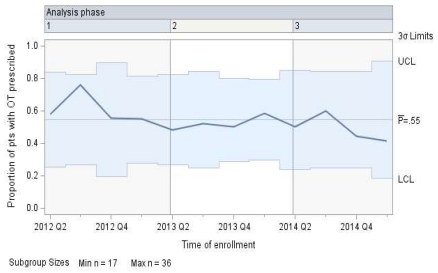
Distal Radius SCAMP

- **Iterative process**
- **Multiple versions of who was rx'd Hand therapy**



Proportion of patients with OT prescriptions during SCAMP implementation (Phase I*, II* & III)



*During Phase I and II, SCAMP recommended OT based on limited digital range of motion and <40° wrist arc of motion

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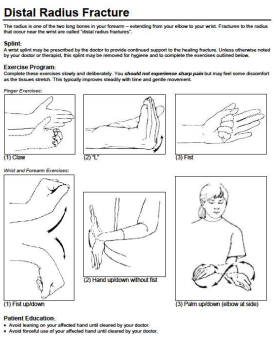
Increasing confidence on the part of providers that patients would succeed with a HEP, and that patients would feel confident in this plan



Distal Radius Fracture

The radius is one of the two long bones in your forearm – extending from your elbow to your wrist. Fractures to the radius that occur near the wrist are called "distal radius fractures".

Splint:
A wrist splint may be prescribed by the doctor to provide continued support to the healing fracture. Unless otherwise noted by your doctor or therapist, this splint may be removed for hygiene and to complete the exercises outlined below.

Exercise Program
Complete these exercises slowly and deliberately. You **should not experience sharp pain** but may feel some discomfort as the tissues stretch. This typically improves steadily with time and gentle movement.

Finger Exercises:

(1) Claw (2) "L" (3) Fist

Wrist and Forearm Exercises:

(1) Fist up/down (2) Hand up/down without fist (3) Palm up/down (elbow at side)

Patient Education:
- Avoid leaning on your affected hand until cleared by your doctor.
- Avoid forceful use of your affected hand until cleared by your doctor.

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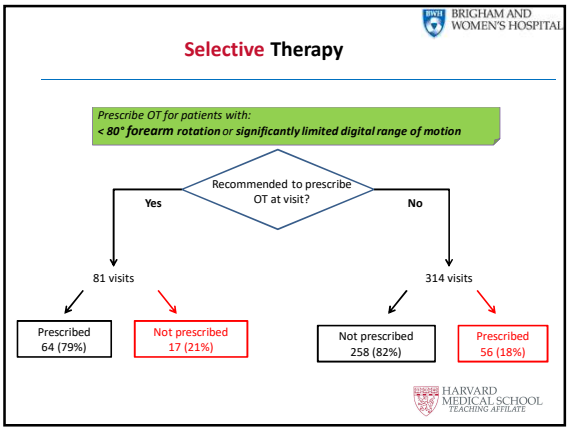

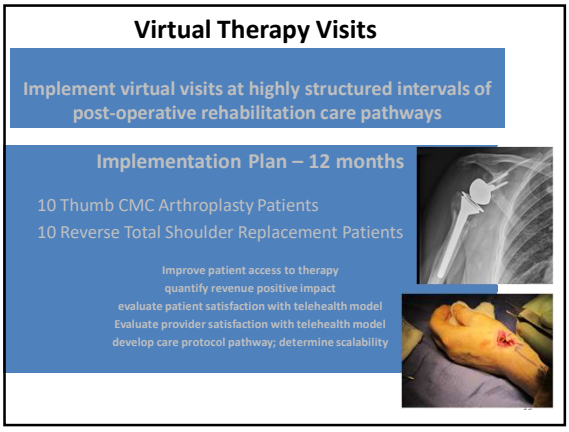

Virtual Therapy

- By September 2019:
  - ❖Complete Rehab with virtual visits for 20 post-operative patients
  - ❖Quantify an improvement in patient access to therapy
  - ❖Demonstrate a revenue neutral/positive model
  - ❖Obtain patient satisfaction data for telehealth rehab