



## Ganglion Cyst Excision Rehab Protocol

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I	Phase II	Phase III
0 to 7-10 Days Post-Op	7-10 Days Post-Op	3-6 Weeks Post-Op
<b><u>General Precautions:</u></b> -Post-op dressings removed at 7 days  <b><u>Clinical Implications:</u></b> -Pt begins independent finger ROM	<b><u>General Information:</u></b> -First MD post-op visit -Sutures removed  <b><u>Clinical Implications:</u></b> -Begin wrist ROM -Begin scar management -Provide patient education regarding stages of wound healing	<b><u>General Information:</u></b> -Pt may require limited therapy visits if ROM is progressing well  <b><u>Clinical Implications:</u></b> -Continue wrist ROM as needed -Continue scar management