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Why wait? Early rehabilitation strategies during casting of broken wrists to improve recovery.

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Why wait? Early rehabilitation strategies during casting of broken wrists to improve recovery.

Broken wrists require weeks of physical therapy to recover from the losses of strength and range of motion that comes with keeping the arm still during casting. Standard care is to start rehabilitation interventions after the cast is removed. Instead, I'm interested in using strategies that don't require physical movement, to start treatment earlier. To do this I will be implementing in-home nerve stimulation and mental rehearsal interventions while the wrist is still casted. The goal is to shorten reduce the losses of strength and range of motion from immobilizing the wrist and shorten recovery time. This study will produce early treatment strategies to improve care for the large number of people who break their wrists. Once developed these early treatment strategies can be adapted for other patient populations requiring immobilization.