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Arthrodesis: Finger DIP or PIP Joint Fusion, or Thumb IP or MCP Joint Fusion (compression screw or pins) Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical dressing and splint to be kept in place for 10-14 days.
 - If finger DIP or PIP fusion, or thumb IP fusion, expect an aluminum splint for involved digit.
 - If thumb MCP fusion, expect a forearm thumb spica splint.
- Elevate for at least 3 days, or as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed.
 Call if any problems or questions arise.

2 Weeks Post Op:

- Dressing, splint, and sutures will be removed in the clinic, new x-rays may be obtained.
 - If finger fusion or thumb IP fusion, expect a new protective splint for involved digit for continual wear for 6-8 weeks (may be changed as needed).
 - If thumb MCP fusion, expect a thumb spica cast for 6-8 weeks.
- Active and passive Range of Motion (ROM) exercises may be initiated to all uninvolved joints.

8 Weeks Post Op:

- Follow up appointment in clinic with xrays
- Anticipate:
 - Protective splint or cast may be discontinued.
 - Progressive strengthening program will be initiated under the direction of therapist.

16 Weeks Post Op:

Follow up appointment in clinic with xrays



