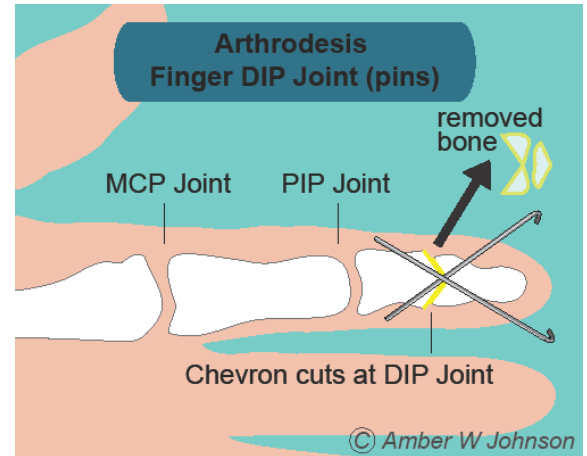


**Arthrodesis: Finger DIP or PIP Joint Fusion, or Thumb IP or MCP Joint Fusion  
(compression screw or pins)  
Post Operative Rehabilitation Protocol**

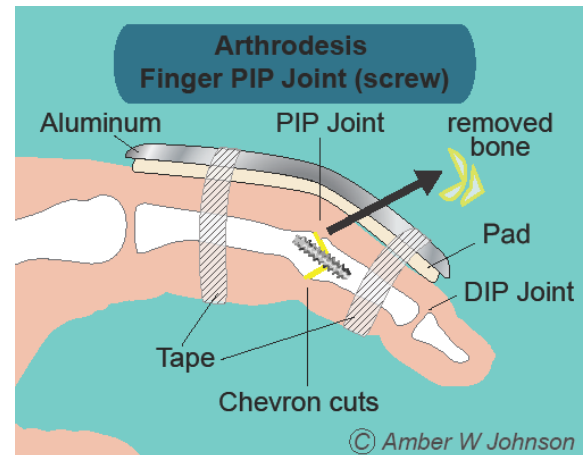
**Following Surgery:**

- 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.



**10-14 Days 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 P.A. or Surgeon
- Expect x-ray to evaluate healing.
- Once fusion is clinically healed (as shown on x-ray):
  - Protective splint or cast may be discontinued.
  - Progressive strengthening program will be initiated under the direction of therapist.
  - May follow up in clinic as needed.
  - Typically, 1-3 therapy visits will be sufficient after fusion of the bones occurs.