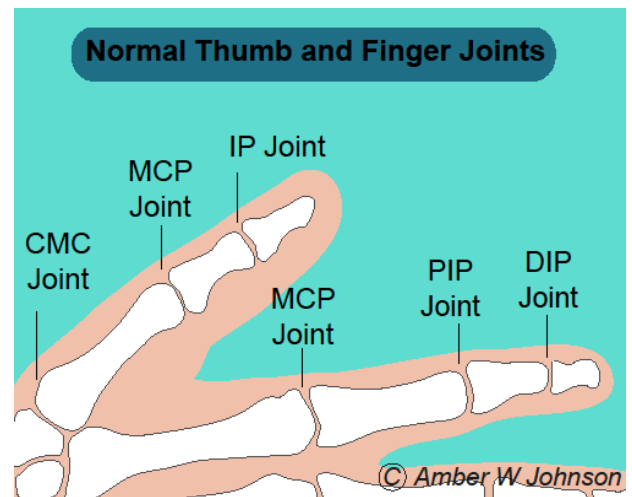


## Arthroplasty: Finger or Thumb Joint Replacement Post Operative Rehabilitation Protocol

### Following Surgery:

- Expect a bulky surgical dressing and splint to be applied to hand and wrist to be kept in place until appointment with therapist
- Elevate and ice for at least 3 days.
- Continue to elevate 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.



### Within 1 Week Post Op (at therapy):

- Initiate gentle ROM (range of motion) exercises.
- Expect a custom-fabricated dynamic extension splint for daytime and a static splint for nights.
- Begin home exercise program as instructed by therapist.

### 2 Weeks Post Op:

- Follow up appointment in clinic with xrays
- Sutures will be removed.

### 8 Weeks Post Op:

- Follow up appointment in clinic.
- May discontinue dynamic extension splint, but may continue static splint at nights for up to 12 weeks depending on progress.
- Return to normal activities as tolerated.

### 16 Weeks Post Op:

- May discontinue static forearm splint at nights.

### 1 Year Post Op:

- Follow up appointment in clinic with xrays

