

## 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 for 10-14 days.
- 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.

### 3-5 Days Post Op (at therapy):

- Initiate gentle ROM (range of motion) exercises.

### 10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Dressing, splint, and sutures will be removed, x-rays may be obtained.
- Expect a custom-fabricated dynamic extension splint for daytime and a static splint for nights.
- Initiate "radial walking" (active finger radial deviation).
- Begin home exercise program as instructed by therapist.

### 6 Weeks Post Op (at therapy):

- May initiate stretching exercises and gentle hand strengthening exercises with soft putty.

### 8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Expect x-ray to evaluate healing.
- 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.

### 12 Weeks Post Op:

- May discontinue static forearm splint at nights.

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.

