



PIP Joint Volar Plate Arthroplasty Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing 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.

Precautions:

- No heavy lifting or repetitive use of the hand in daily activity until 10-12 weeks.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Bulky dressing, K-wire, and sutures will be removed.
- Therapist will apply a dorsal blocking gutter splint.
- Initiate gentle active Range of Motion (ROM) exercises with involved digit in splint.

4-5 Weeks Post Op:

- Follow up appointment in clinic with Nurse or P.A.
- Dorsal blocking gutter splint discontinued except at night.
- Buddy tape involved digit to adjacent digit throughout the day both with activity and with active ROM exercise sessions.
- Dynamic extension splinting if full extension has not been gained yet. (Emphasis is placed on blocking the PIP and DIP joint.)

6-7 Weeks Post Op:

- Passive ROM exercises are initiated.
- Gentle dynamic flexion splinting may be initiated if dorsal capsular tightness is present at the PIP joint.
- Progressive strengthening may be initiated to the hand beginning with putty and a hand exerciser.

Considerations:

- Continue to buddy tape involved digit to adjacent digit for sports activities until 10-12 weeks.
- Expect swelling for 6-10 months.
- Expect about 95 degrees of motion in acute cases, 80 degrees in chronic cases.