

MP Arthroplasty

1-4 Weeks Post Op

Patient will be casted.

4 Weeks Post Op

Splint—Forearm based splint holding MP joints in 35 degrees of flexion and IP joints free. Spacers are used between phalanges to maintain finger alignment.

Exercises:

- IP flexion/extension within the splint to be performed 20 reps hourly
- Gentle active MP flexion and extension to 30-40 degrees of flexion to be performed out of the splint 15-20 reps six times a day
- Gentle AROM of wrist and forearm

5 Weeks Post Op

Continue exercises as above.

Patient begins to push for more AROM during MP exercises.

May begin manipulation tasks in therapy

6-8 Weeks Post Op

May initiate flexion glove use for stiffness at MP joints

Initiate gentle PROM to increase MP ROM

Educate patient in joint protection principles especially in avoiding stress in the ulnar direction

10-12 Weeks Post Op

May initiate soft putty for gentle grip strengthening