

PIP Silastic Interplant Arthroplasty

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

3-5 Days Post Op (Stage I)

Splint holding PIP in slight flexion (10 degrees). Splint may include DIP if needed. Splint to be worn for 1-2 weeks (depending upon status of central slip—a central slip that is repaired needs to be immobilized longer.)

- Apply splint slightly to ulnar or radial side of digit to correct deformity
- A full extension resting pan splint may be used if multiple joints are replaced
- If swan-neck deformity and tendon repaired—splint PIP at 10-20 degrees flexion with complete DIP extension. Maintain this position for 10 days.
- If Boutonniere deformity with tendon repaired—splint PIP in full extension with DIP free to flex. Splint full time for 10-14 days.

With RA patients all above splinting may continue longer

Exercises: 3-6 times per day 10 reps each

AROM MP flexion and extension with IP joints splinted

AROM finger abduction and adduction with fingers splinted

Radial “finger walking”—caution against lateral stress to digit

Caution against index finger supination and pronation (avoid opposition at this time, avoid palmar and lateral pinch)

Edema Control

2-4 Weeks Post Op (Stage II)

At the end of the second week—remove sutures

Continue splint intermittently and/or at nighttime

Exercises:

Block PIP motion while actively and passively flexing DIP joint

Block MP motion while actively and passively flexing PIP joint

Slight flexion of MP joint with extension of PIP joint. Wait until 4-6 weeks post op with extensor tendon repair.

If tendon repair is included continue with intermittent splinting.

4 Weeks Post Op

Begin composite IP flexion and extension exercises with the MP joint held in extension

Thumb opposition—making an “O”

If passive flexion is less than 70 degrees and there is an extensor lag that is less than or equal to 30 degrees—flexion cuff

Nighttime alumifoam splint 3-6 weeks or longer

8-10 Weeks Post Op (Stage III)

Gradually wean from splints

Gentle progressive strengthening using foam or putty

Joint protection

Precautions:

No lateral resistance to extensors or lateral prehension for 3 months

No resistance for 6-8 weeks

Goals for PIP AROM

Extension: -15 to -25 degrees

Flexion: 70-90 degrees