

## **Phalanx Fractures**

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

### Stage I

Following post-surgical or conservative cast immobilization  
Hand based splint holding MP joints in flexion and both IP joints in extension. Consider ulnar gutter if appropriate. Consider buddy tapes. Consider addition of neighboring digits.

Gentle AROM progressing to AA/PROM (flexion and extension) of MP and IP joints - depends on fracture and operative stability etc.

Scar massage and conformer as needed

Gentle AA/PROM flexion and extension by therapist when pins are in place

### Stage II

Splint weaning, with corrective splints as needed  
Continued ROM  
Buddy tapes for protection and to allow help gaining ROM

### Stage III

Gentle strengthening