

MP ARTHROPLASTY

Day 5-7 Postop

- Patient provided with two static orthoses. Orthoses should be worn at all times (even with showering). Patient will alternate wearing each orthosis for 1 day at a time. Splints should be worn at night.
- MCP extension splint
- Wrist in 30 degrees of extension, MCP and IP joints in 0 degrees of extension
- MP joints in neutral or slight radial deviation
- MCP flexion splint
- Wrist in 30 degrees of extension, MCP joints in 70 degrees of flexion, IP joints in 0 degrees of extension
- MP joints in neutral or slight radial deviation
- Exercises: Patient will remove the orthosis to perform the following exercises every hour.
- MCP flexion and extension in neutral plane
- IP flexion and extension in neutral plane
- Radial deviation of fingers at the MCP joint
- Active flexion and extension of wrist.

Week 4 Postop

- Continue wearing orthoses as outlined above
- Instruct Patient in joint protection principles
- Incorporate passive ROM exercises
- MCP flexion/extension
- IP flexion/extension

Week 6-8 Postop

- Continue wearing orthoses as outlined above
- Patient is allowed to remove splint to engage in light activities of daily living that do not require a tight or sustained pinch or grasp.
 - a. 3-4 times per day for 30-minute intervals
- Exercises which promote radial deviation are encouraged

Week 10-12 Postop

- Consult with surgeon for orthosis to be discontinued throughout the day. However, patient will continue to wear orthoses at night (alternating) for 1 year.
- Integrate strengthening exercises to improve functional strength

Precaution

- Monitor for an extension lag. If lag occurs, use extension splint for several days in a row.
- It is important to maintain neutral alignment or slight radially deviated alignment of the MCP joints.