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CMC Joint Fracture/Dislocation ORIF Index-Small Fingers

0-2 weeks:

Splint: The postoperative dressing is removed and sutures are removed between 10-14 days. A well molded forearm-based splint or cast is fitted for continual wear, with MCP's free

Motion: Unrestricted finger motion at all joints (DIP/PIP/MCP) is allowed in post-operative dressing. Gentle active and passive range of motion exercises are initiated to the digits 15 mins/hr.

6 weeks:

Splint: Cast/splint is weaned over two weeks

Motion: Active range of motion exercises are initiated to the wrist and forearm each hour. Electric muscle stimulation may be initiated to facilitate tendon excursion.

8 weeks:

Splint: Dynamic splinting may be used as needed to increase passive wrist range of motion.

Motion: Begin passive range of motion exercises to the wrist and forearm.

10 weeks:

Removable wrist brace may be used for gradual return to heavy activity by 12-14 weeks

Please call with questions or concerns at the phone number above.