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Arthrodesis (Fusion) of Finger Joints

POD 10-14:

Splint: Postop dressing and sutures are removed. A protective gutter splint is applied to the fused joint and worn for 6 weeks.

Motion: AROM and PROM exercises are initiated to all uninvolved joints, including tendon gliding exercises with the splint on. Scar massage, edema control and desensitization is initiated.

Pin care protocol with daily hydrogen peroxide if external pins present

6 weeks:

Splint: If CLINICAL UNION is achieved, protective splinting is continued for light activities, and the patient may return to light duty work with splint.

Motion: Continue range of motion as above

8 weeks:

Progressive strengthening exercises are initiated. Return to light duty work is recommended without splinting. This may be modified or delayed depending on whether an intercalated bone graft was used or if there has been a delay in clinical union.

12 weeks:

The patient returns to work with no restrictions and no further splinting.

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