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### **Hemi-Hamate PIP Arthroplasty**

Patients should expect a 20 degree permanent flexion contracture after this procedure

#### **POD 2-4:**

Splint: The patient is made a dorsal block splint with the PIP in 20 degrees of flexion and the MP's flexed (may be an alumaf foam into the palm for the OR dressing). Edema control is essential.

Motion: Initiate full active and passive flexion exercises of the MCP and DIP joints and active flexion of the PIP joint within the extension block splint. (A digital block by the physician may be used to achieve full ROM at the first visit)

#### **3-4 Weeks:**

Splint: Discontinue extension block splint

Motion: Continue active and passive ROM as above and can also do active-assist flexion at the PIP joint.

**4-6 Weeks:** Continue motion as above but treat any PIP flexion contracture with stretching and/or splinting

**8-12 Weeks:** Continue fine tuning ROM as above

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