



ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705

Metacarpal Fracture Pin Fixation

POD 8-10:

Splint: The post-operative dressing is removed and the patient is placed in a gutter cast vs splint with IP's free x 4 weeks

Motion: Active range of motion exercises of all un-splinted joints are instituted four times a day.

4-6 Weeks:

Pins are removed in office or operating room at 4 weeks and therapy is begun immediately.

Splint: Discontinue cast/splint at 4 weeks and change to short arm splint to distal palmar crease for protection until clinical union

Motion: Gentle active and passive range of motion is performed to all joints of the injured finger

6-8 weeks:

Splint: Continuous protective splinting is discontinued. Protective splinting is maintained for sports level activities. Dynamic splinting is instituted as needed.

Motion: As above, and electrical stimulation is instituted as needed.

8-10 weeks:

Soft putty resistance exercises are instituted. The patient is released to light work duty with lifting restriction of 25 pounds.

12 weeks:

The patient is returned to full unrestricted activities at work and recreation.