



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

PIP Arthroplasty

3 - 5 days:

The postoperative dressing is removed.

Splint: A gutter splint holding the digit in full extension is fitted to wear between exercise sessions and at night. (NOTE: active full extension resting pan may be used if multiple digits are replaced). Important to use Coban or fingerstocking for edema control.

Motion: Active and passive range of motion exercises are initiated 4 times a day for 10 - 15 minutes. The patient is cautioned against lateral stress to the digit. If there is any lateral deviation of the digit, a Bowling Alley (see below) splint may be used to control the motion at that joint. No lifting or strengthening.



1 week:

Splint: Same as above

Motion: Same as above. Taping or dynamic flexion may be initiated if passive flexion is less than 70 degrees and there is an extensor lag less than 30 degrees. No lifting or strengthening.

3 weeks:

Same as above and increase range of motion to be performed hourly



6 weeks:

Splint: The patient should gradually be weaned out of the gutter splint over 3-4 weeks.

Motion: Gentle progressive strengthening may be initiated using foam and putty. No lateral stress to PIP joint until 12 weeks

NOTE: An average total range of motion of the digit is 25 to 75 degrees, although patients will usually not achieve much more motion than they had pre-operatively

With erosive osteoarthritis, joints become more easily swollen and inflamed. It may therefore be necessary to be less aggressive with the rehabilitation program, especially in the first few weeks.

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