



**ORLANDO HAND SURGERY ASSOCIATES  
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### **PIP Finger Dislocation**

Anticipate 3 months of therapy with a loss of extension of 10-20 degrees  
Swelling and stiffness can take up to a year to resolve  
Do not resize rings for 1 year

Splint: The patient is made a dorsal blocking splint at approximately neutral (0) degrees. Alternative is buddy taping to adjacent finger full time.

Motion: Protected range of motion within the extension block splint is allowed

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

Continue with splint but it is molded to allow for progressive extension.

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