



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

PIP Extension Contracture Release

0 - 1 day:

A light dressing and edema control with Coban on the fingers is applied as needed. Elevation is emphasized.

Splint: A Safe Position splint is fitted to be worn between exercises and at night.

Motion: Active and Passive Range of Motion exercises are initiated two to four times daily.

3 - 5 days:

Splint: Taping and/or dynamic splinting may be initiated as needed to increase Passive Range of Motion.

Motion: Active and passive range of motion exercises are initiated 15 min/hr.

Functional Electrical Stimulation or Standard Electrical Stimulation may be initiated within 48 hours postoperatively as needed to assist in tendon excursion.

6 weeks:

Gentle resistance may be initiated to the extensors using soft putty.

12 weeks:

Return to unrestricted activities.

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