



**ORLANDO HAND SURGERY ASSOCIATES
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PIP Flexion Contracture Release

POD 2-3:

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

Splint: An extension splint is fitted to be worn between exercises and at night. Can add dynamic splinting at any time per therapist discretion.

Motion: Active and passive range of motion exercises are initiated two to four times daily and active extension is performed with MCP's in flexion.

3-4 weeks:

Can wean daytime splinting if finger has minimal lag but should continue nighttime splinting for 3 months.

12 weeks:

Return to unrestricted activities

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