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Phalangeal Fractures – Operative

Proximal Phalanx: cast x 3 weeks with IP's free and work on ROM

- Pins pulled in office or OR 4 weeks postop
- At 5 weeks, gutter splint in same configuration as cast but can come out for AROM/PROM
- No loading or strengthening until 6-8 weeks postop or when full ROM is achieved
- High propensity for stiffness/tendon adhesions and tenolysis can be done after 3-4 months of therapy with a plateau in ROM

Middle Phalanx: cast x 3 weeks but IP's are INCLUDED and rest of rehab as above

Distal Phalanx: Tip protector for full time use x 3 weeks (if mallet fracture, 6 weeks to allow extensor tendon to heal)

- After pin pull (usually in office with local) begin AROM/PROM
- No strengthening until 6 weeks postop (10-12 weeks for mallet fracture)
- DIP's almost always regain all of their flexion

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