

Dr. Robert Wysocki

Arthrodesis (Fusion) of Finger Joints

0 - 6 weeks:

Splint: A protective Gutter splint is applied to the fused joint.

Motion: Active and Passive Range of Motion exercises are initiated to all uninvolved joints, including tendon gliding exercises with the splint on. Scar massage and desensitization is initiated when stitches removed (10-14 days) if needed.

Pin care protocol with daily hydrogen peroxide if pins present

6 weeks:

Splint: If CLINICAL UNION is achieved, protective splinting is continued for light activities, and the patient may return to light duty work with splint.

Motion: Continue range of motion as above

8 weeks (two weeks after clinical union):

Progressive strengthening exercises are initiated. Return to light work duties is recommended without splinting. This may be modified or delayed depending on whether an intercalated bone graft was used or if there has been a delay in clinical union.

12 weeks:

The patient returns to work with no restrictions and no further splinting.