

## Dr. Robert Wysocki

### PIP Arthroplasty

#### 3 - 5 days:

The postoperative dressing is removed.

Splint: A Gutter splint holding the digit in full extension is fitted to wear between exercise sessions and at night. (NOTE: active full extension Resting Pan may be used if multiple digits are replaced). Important to use coban or finger stocking for edema control.

Motion: Active and Passive Range of Motion exercises are initiated 4 times a day for 10 - 15 min. The patient is cautioned against lateral stress to the digit. If there is any lateral deviation of the digit a Bowling Alley splint may be used to control the motion at that joint.

#### 1 week:

Splint: Same as above

Motion: Same as above. Taping or dynamic flexion may be initiated if passive flexion is less than 70 degrees and there is an extensor lag is less than 30 degrees.

#### 3 weeks:

Increase range of motion to be performed hourly

#### 8 weeks:

Splint: The patient should gradually be weaned off the Gutter splint over 3-4 weeks

Motion: Gentle progressive strengthening may be initiated using foam and putty. No lateral stress to PIP joint until 12 weeks

NOTE: An average total Range of Motion of the digit is 25 to 75 degrees, although patients will usually not achieve much more motion than they had pre-operatively

With erosive osteoarthritis joints become more easily swollen and inflamed. It may therefore be necessary to be less aggressive with the rehabilitation program, especially in the first few weeks.