

## Dr. Robert Wysocki

### Joint Release - MCP

#### 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 with the MCP's flexed 70 degrees 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, often in the form of dynamic flexion splints during the day, with the static safe position splint at night

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