

Dr. Robert Wysocki

Metacarpal Fractures Pin Fixation

Week 0 - 4:

Splint: The post-operative dressing is removed and the patient is maintained in a safe position with intrinsic plus splinting full time across the MCP joint.

Motion: Active range of motion exercises of all unsplinted joints are instituted four times a day, this would be considered STANDARD protocol. For particularly stable fracture configurations, active motion of the affected MCP joint may be allowed as directed. This would be considered STABLE protocol.

4-6 Weeks:

Pins are removed

Splint: Patients continue splint for protection until clinical union

Motion: Gentle active and passive range of motion is performed to all joints of the injured finger

2 weeks following clinical union (6-8 weeks):

Splint: Continuous protective splinting is discontinued. Protective splinting is maintained for sports level activities. Dynamic splinting is instituted as needed.

Motion: As above, and Electrical stimulation is instituted as needed.

4 weeks after clinical union (8-10 weeks):

Soft putty resistance exercises are instituted. The patient is released to light work duties to lift less than 25 pounds.

12 weeks (or 6-8 weeks following clinical union):

The patient is returned to full unrestricted activities at work and recreation.