

Dr. Robert Wysocki

Metacarpal fractures Plate/Screw fixation

0 - 2 weeks:

Splint: The patient is maintained in a safe position splint in between exercises, with PIP and DIP free.

Motion: The postoperative dressing is removed and the patient is started on full active range of motion exercises. Passive range of motion is begun at 3 weeks, but may begin sooner if therapist believes it is indicated. Please clear this with physician.

4-6 weeks:

Splint: Splinting is discontinued at this point.

Motion: The patient is started on light resistive exercises and may return to light work duties lifting less than 25 pounds as long as the surgeon believes that the fracture is clinically healed. Electrical muscle stimulation may be used as needed to facilitate tendon excursion.

8 weeks:

Full activities short of sports level activities or heavy resistive activities may begin. Sports level activities may be started at this time while in a protective splint.

12 weeks:

Unrestricted activities are allowed.