

Dr. Robert Wysocki

Phalangeal Fractures –Distal- s/p Perc Pinning

Week 0 - 4:

Splint: The post-operative dressing is removed and the patient is maintained with splinting full time across the DIP and PIP joints

Motion: Active range of motion exercises of all unsplinted joints are instituted four times a day. Controlled AROM/PROM of PIP with DIP protected.

4 Weeks:

Pins are removed

Splint: Patients continue splint for protection except during exercises

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

2 weeks following clinical union (6-7 weeks):

Splint: Continuous protective splinting and buddy taping 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 (8-9 weeks):

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

12 weeks (or 7-8 weeks following clinical union):

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