

MCP Pyrocarbon Total Joint (Osteoarthritis and Trauma)

Dr. Widstrom

***Schedule OT same day as doctor.**

Time Frame	Treatment	Goals
Post-Op Same day as MD	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Fabricate a dynamic orthosis for day use and static orthosis for night. <ul style="list-style-type: none"> ○ Instruct in orthosis wear and care. • Instruct in edema management techniques. • Instruct in exercises within the day orthosis: <ul style="list-style-type: none"> ○ MCP Flexion to 45° to 60° according to doctor's instruction, ○ Opposition to each fingertip, ○ Full PIP/DIP flexion and extension. 	<ul style="list-style-type: none"> • Protection • Edema control • Incision healing • Pain management • Limit ROM
Phase I Day 10-14	<ul style="list-style-type: none"> • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Scar management
Phase II 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. • If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm², 3 MHz) and pulsed (i.e. 20%) setting when over the implant area. 	<ul style="list-style-type: none"> • Continued edema control, pain and scar management, and ROM
Phase III 4 Weeks	<ul style="list-style-type: none"> • Continue with orthosis wearing and exercises. • Resume light ADL outside of orthosis. • Increase allowed MP flexion to 90°. • If 60° of flexion has not been achieved, assisted ROM exercises and a dynamic MCP flexion assisted orthosis may be required. 	<ul style="list-style-type: none"> • Functional ROM
Phase IV 6 Weeks	<ul style="list-style-type: none"> • Progress to full activities as tolerated. 	<ul style="list-style-type: none"> • Return to function