

# Swanson Finger MP joint Implant

Dr. Widstrom

## ❖ Schedule OT 2-5 days post-op

- **At all times monitor for extension lag and ensure full extension is being achieved with HEP**

Time Frame	Treatment	Goals
Post-Op Day:  2-5 days post-op	<ul style="list-style-type: none"> <li>● Evaluate and Treat</li> <li>● Instruct in edema management</li> <li>● Fabricate static MP extension orthosis to be worn at night</li> <li>● Fabricate a dynamic extension orthosis for guiding ROM:               <ul style="list-style-type: none"> <li>○ Alignment of digit(s) into slight radial deviation</li> <li>○ Allow 70 degrees of active flexion</li> <li>○ Thumb outrigger applied in cases where patient's thumb goes over fingers with flexion to avoid pressure to index finger causing ulnar drift</li> </ul> </li> <li>● Initiate AROM and PROM exercises to the fingers while wearing dynamic orthosis to be completed hourly.               <ul style="list-style-type: none"> <li>○ If small finger has good extension but weak flexion, patient may remove small finger and complete exercises outside sling</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Edema management</li> <li>● HEP</li> <li>● Orthosis wear and care education</li> </ul>
Phase I:  3-4 weeks post-op	<ul style="list-style-type: none"> <li>● Issue dynamic or static flexion orthosis if ordered               <ul style="list-style-type: none"> <li>○ Wear schedule 20-30 min 2-3x/day</li> </ul> </li> <li>● Static extension orthosis is discontinued at 4 weeks for day time use               <ul style="list-style-type: none"> <li>○ Continue night time use for 6-12 months+</li> </ul> </li> <li>● Instruct in scar management if not already done</li> </ul>	<ul style="list-style-type: none"> <li>● ROM</li> <li>● Scar management</li> <li>● Wean out of static orthosis during day</li> </ul>
Phase II :  6 weeks post op	<ul style="list-style-type: none"> <li>● Dynamic extension orthosis discontinued</li> <li>● Begin grip strengthening</li> </ul>	<ul style="list-style-type: none"> <li>● PRE</li> <li>● Discontinue orthosis</li> </ul>

- **HEP continued for at least 3 additional months**
- **Patient should avoid unsupported lateral, tripod and chuck pinch**