

Swanson Finger PIP Joint Implant

Dr. Staiger

*Schedule OT same day as doctor.

**At all times, monitor client's extension making sure to always maintain full extension.

**If an extensor lag develops or is noted at the DIP joint, fabricate an extension orthosis for the DIP joint to be worn up to 6 weeks while doing exercises.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> • Evaluate and Treat. • Instruct in edema management techniques. • Fabricate a digital gutter orthosis keeping PIP joint in full extension and including the DIP joint. <ul style="list-style-type: none"> ○ Wear this for at least 6 weeks post operatively between exercises sessions and for three months at night. • Fabricate an exercise orthosis blocking PIP at max of: <ul style="list-style-type: none"> ○ 70 degrees for ring and small fingers, ○ 60 degrees for middle finger, ○ 45 degrees for index finger. • Hourly exercises for gentle flexion and extension of the finger should be completed in the exercise orthosis. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). <p>**If there is an extension lag to begin with, begin the exercise orthosis at 40°. Progress the exercise orthosis 10° each week until the max is reached. Make sure extension is not being compromised with the orthosis progression.</p>	<ul style="list-style-type: none"> • Protection • Edema control • Incision healing • Pain management • Scar management • Limit ROM
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. • Static extension orthosis is discontinued during the day at 4 weeks post-op. <ul style="list-style-type: none"> ○ Still worn at night for another 3 weeks. 	<ul style="list-style-type: none"> • Continue edema control and pain and scar management
Phase III 6 Weeks	<ul style="list-style-type: none"> • Resistive flexion exercises are started. 	<ul style="list-style-type: none"> • PREs