

**Volar Plate Injury/Rupture (Conservative)**

**Dr. Lauer**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Initial Visit 1-5 weeks Post Reduction	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Assess level of pain.</li> <li>• Instruct in edema management techniques including icing and Coban wrapping.</li> <li>• Utilize an oval-8 to prevent hyperextension (to be worn as a cast)</li> <li>• May use modalities as indicated.               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Edema control</li> <li>• Protection</li> </ul>
Phase II 6 weeks post reduction	<ul style="list-style-type: none"> <li>• May complete dynamic flexion taping if flexion is limited.</li> <li>• Begin unrestricted active/passive range of motion of PIP</li> <li>• Discontinue oval 8 orthosis <b>if ordered by the physician.</b></li> <li>• Begin static progressive or dynamic splinting if digital extension is limited</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to progress motion as MD allows</li> <li>• Functional ROM</li> </ul>