

Swanson Finger MCP Joint Implant

Dr. Staiger

*Schedule OT 10-14 days post-op. Although sometimes OT begins same day as doctor.

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

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14 most of the time, but may occasionally be Day 2-5	<ul style="list-style-type: none"> ● Evaluate and Treat. ● Dressing change and check for signs/symptoms of infection. ● Instruct in edema management techniques. ● Fabricate a custom static forearm-based resting pan orthosis (L3808) to be worn at night. ● Fabricate a custom forearm-based dynamic orthosis (L3806) for guided ROM: <ul style="list-style-type: none"> ○ Alignment of digit(s) into slight radial direction. ○ Allow 70° of active flexion. ○ Thumb outrigger applied in cases where client's thumb goes over fingers with flexion to avoid pressure to index finger causing ulnar drift. ○ Keep fingers from rotating (index and long fingers) ● Initiate AROM and PROM exercises to the finger while wearing the dynamic orthosis to be completed hourly. If small finger has good extension and weak flexion, client may come out of the extension sling for the exercises. ● 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"> ● Protection ● Edema control ● Incision healing ● Pain management ● Limit ROM ● Scar management
Phase II 3-4 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. ● Issue dynamic (L3806) or static (L3913) orthosis to assist with flexion if needed. <ul style="list-style-type: none"> ○ Wear schedule 20-30 minutes and is completed 2-3 times daily. 	<ul style="list-style-type: none"> ● Progressing ROM
Phase III 4 Weeks	<ul style="list-style-type: none"> ● Static extension orthosis is discontinued during the day. <ul style="list-style-type: none"> ○ Still worn at night for another 3 weeks. 	<ul style="list-style-type: none"> ● Functional ROM

Phase IV 6 Weeks	<ul style="list-style-type: none"> • Dynamic extension orthosis is discontinued during the day. • Begin grip strengthening. 	<ul style="list-style-type: none"> • PREs
	<p>**Client should continue HEP for at least 3 months.</p> <p>**Static ext orthosis should be worn at night for 6 months to 1 year+</p> <p>**Client should avoid unsupported lateral pinch using tripod, chuck, or supported lateral pinch instead.</p>	