

## MCP Pyrocarbon Total Joint (Osteoarthritis and Trauma)

**Dr. Staiger**

\*Schedule OT 2-5 days post-op.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 2-5	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Fabricate a dynamic orthosis for day use and static orthosis for night.               <ul style="list-style-type: none"> <li>○ Instruct in orthosis wear and care.</li> </ul> </li> <li>• Instruct in edema management techniques.</li> <li>• Instruct in exercises within the day orthosis:               <ul style="list-style-type: none"> <li>○ MCP Flexion to 45° to 60° according to doctor's instruction,</li> <li>○ Opposition to each fingertip,</li> <li>○ Full PIP/DIP flexion and extension.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Incision healing</li> <li>• Pain management</li> <li>• Limit ROM</li> </ul>
Phase II Day 10-14	<ul style="list-style-type: none"> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op)               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> <li>○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm<sup>2</sup>, 3 MHz) and pulsed (i.e. 20%) setting when over the implant area.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control, pain and scar management, and ROM</li> </ul>
Phase IV 4 Weeks	<ul style="list-style-type: none"> <li>• Continue with orthosis wearing and exercises.</li> <li>• Resume light ADL outside of orthosis.</li> <li>• Increase allowed MP flexion to 90°.</li> <li>• If 60° of flexion has not been achieved, assisted ROM exercises and a dynamic MCP flexion assisted orthosis may be required.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase V 6 Weeks	<ul style="list-style-type: none"> <li>• Progress to full activities as tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• Return to function</li> </ul>