

Swanson Finger MCP Joint Implant Dr. Staiger

*Schedule OT 2-5 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 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 static MP extension orthosis to be worn at night. • Fabricate a dynamic orthosis 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. 	<ul style="list-style-type: none"> • Protection • Edema control • Incision healing • Pain management • Limit ROM
Phase I Day 10-14	<ul style="list-style-type: none"> • Complete above listed items, if this is the first post-op visit. • 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"> • 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 or static splinting 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>	