

## PIP Pyrocarbon Total Joint

Dr. Widstrom

❖ **Schedule OT same day as doctor.**

Time Frame	Treatment	Goals
Post-Op  Same day as MD	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Instruct in edema management techniques.</li> <li>• Fabricate forearm base static resting orthosis:               <ul style="list-style-type: none"> <li>○ wrist in neutral, radial-ulnar deviation and 10°-15° of extension.</li> </ul> </li> <li>• Fabricate a forearm based, low profile PIP dynamic orthosis:               <ul style="list-style-type: none"> <li>○ wrist in neutral and 10° to 15° of extension</li> <li>○ MCPs in 20° of flexion,</li> <li>○ dynamic assist for PIP extension,</li> <li>○ slings on the middle phalanx of the involved digit(s).</li> </ul> </li> <li>• Instruct client in gentle pain-free ROM while in orthosis               <ul style="list-style-type: none"> <li>○ PIP dynamic assisted extension to neutral and PIP flexion to 0° to 30°.</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 I Day 7-8	<ul style="list-style-type: none"> <li>• If full active extension of PIP is achieved and no extension lag is present, increase arc of motion to 45° in dynamic orthosis.</li> <li>• If active flexion at PIP is less than 30°, and full active PIP extension is maintained, remove dynamic extension during exercises and begin assisted ROM to 45° of flexion.</li> </ul>	<ul style="list-style-type: none"> <li>• Progress ROM but still limit</li> </ul>
Phase II 2-4 Weeks	<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> <li>• Initiates light functional activities outside of orthosis only under supervision of the therapist.</li> <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> <li>• If PIP maintains full extension, full time use of the dynamic orthosis may be discontinued as early as 2 weeks post-op.</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• ROM</li> <li>• Continued edema control and pain management</li> </ul>

	<p>If angular deformity is present, construct a hinged PIP orthosis to provide radial-ulnar support to the PIP, yet allow flexion and extension.</p> <ul style="list-style-type: none"> <li>• Initiate buddy taping to the adjacent digit to assist with alignment and motion.</li> <li>• If active flexion is less than 30°, fabricate a dynamic PIP flexion orthosis with MCP flexion blocked in neutral. <ul style="list-style-type: none"> <li>○ A knuckle bender orthosis may be considered.</li> </ul> </li> <li>• If any extension lag is present at the DIP, a stack orthosis may be used continuously until the lag is corrected.</li> <li>• Client should achieve 0° to 45° of active PIP motion by 4 weeks post-op.</li> </ul>	
<p>Phase III 6 Weeks</p>	<ul style="list-style-type: none"> <li>• Initiate gentle stretch.</li> <li>• Increase light functional activities outside of orthosis.</li> <li>• Utilize buddy taping as appropriate.</li> <li>• If limited motion or any deformity is present, continue splinting as necessary.</li> <li>• Client should achieve 0° to 75° of active PIP motion by 6 weeks post-op.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
<p>Phase IV 12+ Weeks</p>	<ul style="list-style-type: none"> <li>• Continue activities as tolerated without orthosis.</li> <li>• If limited motion or any deformity is present, continue splinting as necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• Return to function</li> </ul>