

## Swanson Finger PIP joint Implant

Dr. Widstrom

### ❖ Schedule OT 2-5 days post-op

- **At all times monitor for extension lag and ensure full extension is being achieved with HEP**

Time Frame	Treatment	Goals
Post-Op Day:  2-5 days post-op	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Instruct in edema management</li> <li>• Fabricate digital gutter orthosis keeping PIP joint in full extension and including the DIP joint               <ul style="list-style-type: none"> <li>○ Pt will wear for at least 6 weeks post-op between exercises, and 3 months post-op at night</li> </ul> </li> <li>• Fabricate an exercise splint blocking PIP at max of:               <ul style="list-style-type: none"> <li>○ 70 degrees for <b>ring and small fingers</b></li> <li>○ 60 degrees for <b>middle finger</b></li> <li>○ 45 degrees for <b>index finger</b></li> </ul> </li> <li>• Hourly exercise for gentle flexion and extension of the finger should be completed in the exercise splint</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• Orthosis wear and care education</li> </ul>
Phase I:  10-14 days post-op	<ul style="list-style-type: none"> <li>• Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Continue HEP</li> <li>• Edema management</li> </ul>
Phase II :  2 weeks post op	<ul style="list-style-type: none"> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Ultrasound typically not done until 4 weeks post-op</li> <li>○ May include Ketoprofen, dexamethasone, or potassium iodide</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Edema management</li> </ul>
Phase III:  6 weeks post-op	<ul style="list-style-type: none"> <li>• Gentle resistive exercises started</li> </ul>	<ul style="list-style-type: none"> <li>• PRE</li> <li>• ROM</li> <li>• Scar management</li> </ul>

- **If ext lag is noted start exercise splint at 40 degrees and progress 10 degrees every week until max is reached. Make sure ext is not be compromised**
- **If ext lag develops or is noted at the DIP joint, fabricate an extension orthosis for DIP joint to be worn up to 6 weeks while doing exercises**