

Hand PIP Arthroplasty Protocol

General Guidelines and Precautions	
	<ul style="list-style-type: none"> • Avoid swan neck/hyper extension at the PIP level with digit extension strengthening • Avoid scissoring with adjacent digits secondary to rotational defect/weakness • Avoid being too aggressive with PROM <ul style="list-style-type: none"> ○ Patient should not exceed 70-80 degrees PROM even if easily able to • Monitor edema to avoid flair ups due to aggressiveness <ul style="list-style-type: none"> ○ Patient may have soreness for 5-10 minutes post stretch, but usually resolves quickly • Extension lag <ul style="list-style-type: none"> ○ Patient may need to go back into the brace intermittently if extension lag is present ○ Attempt PIP joint reverse blocking AROM with MP blocked at 45 degrees flexion <ul style="list-style-type: none"> ▪ This position maximizes intrinsic advantage during extension

Phase 1	Surgery to 4 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Edema management • Unrestricted Pain free AROM of MP, PIP, DIP • Reverse blocking of MP for PIP and DIP extension • AROM for unaffected digits • Wrist ROM • Cryotherapy • Scar massage • Activities unrestricted when splint applied
Splinting	<ul style="list-style-type: none"> • Finger static splint placing DIP and PIP in full extension with MP free for motion • Splint to be worn at all times outside of removal for bathing and HEP
Precautions	<ul style="list-style-type: none"> • Avoid hyper extension, valgus, and varus stress to the PIP

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Phase 2	6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 x per week depending on patient AROM
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue with AROM of MP, PIP, DIP • Initiate PROM to all joints • Discontinue splint • Initiate Buddy loops if needed

Phase 3	7 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 x per week depending on patient motion and strength
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Unrestricted use of the hand • Initiate isometric and concentric strengthening of hand and digits