

Proximal Phalanx Fracture

Pins or screw fixation

Dr. Michael Thomas Edgerton

*Deviations from protocol will be noted on script.

1 week post op---referral to OT with splinting and initiation of treatment

- Protect MCP joint with Hand based dorsal extension block splint x 4 wks.
(MCP flexion ~ 70 degrees or Intrinsic Plus position)
- Early AROM Interphalangeal joints
- Early active tendon gliding
- Edema control

3-4 weeks post op

- Aggressive AROM-all joints
- Gentle PROM all joints to tolerance
- Discharge splint at 4 weeks post op.

8 weeks post op

- Resume gripping/putty/gentle strengthening
- Aggressive PROM

Dr. Michael Thomas Edgerton

Date