



REHABILITATION

MCPJ Replacement

You have had the knuckle joint(s) in your finger replaced.

This is a big operation for your finger and you will need to work hard to get the best movement you can from your finger after this surgery.

Progress following this surgery varies from person to person and you must be guided by your therapist.

These pages provide a guide for an average rehabilitation regime for an osteoarthritic patient having had a single joint replaced using a solid prosthesis (not silicone).

Week 0 - 4 after surgery

You will have a removable splint made to fit you by the hand therapists during the first week. This will replace the dressing and splint applied in theatre.

You should wear the splint all the time except for exercises.

You will start scar massage once your wound is healed, your therapist will show you how to do this.

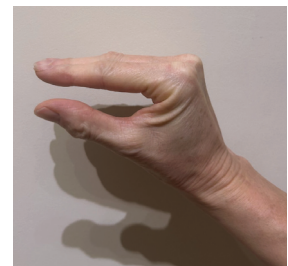


The following exercises should be done 10 times each every 2 hours during the day.

Remove your splint and bend the new joint down, as shown on the right, then lift your fingers up again.

Do not force a stretch on the new joint with your other hand at this stage.

Repeat this 10 times.



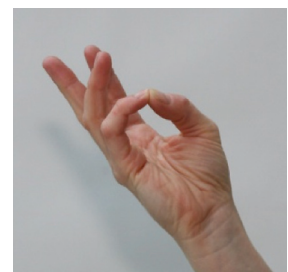
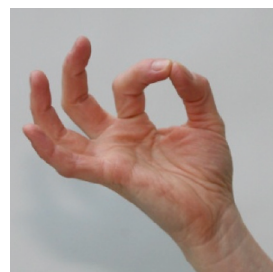
Keep your knuckles up straight but bend your fingers down, as shown. Then straighten your fingers again.

Repeat this 10 times.



Try to touch the tip of the thumb to the tip of each finger in turn, starting with the index finger

Repeat this 10 times.





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Bend and straighten the PIPJs (second finger joint) of each finger whilst supporting the replaced joints with your other hand, as shown on the right

Repeat this 10 times.



Bend and straighten the DIPJs (third joint) of each finger whilst supporting the replaced joints with your other hand, as shown on the right

Repeat this 10 times.



Weeks 4 – 6 after surgery

You may now begin to remove your splint for periods of exercise and light activities during the day. Light activities include turning pages, eating, folding light laundry, tying a shoe, buttoning and typing. Ask your Hand Therapist when you may begin specific activities if you are in doubt to avoid over doing it and undoing all your hard work.

Do continue to wear your splint at night and when going out in crowded places e.g. on public transport, in the pub etc

Continue with your exercise regime as directed by your therapist, increasing your range of motion.

Weeks 6 - 12 after surgery

Most patients can stop using the splint at this stage. Your therapist will discuss this with you.

During this phase you will work on improving your range of motion, strengthening the hand and fingers and continuing to reduce the swelling.

You should not do any heavy lifting until at least 12 weeks after your surgery.

DO'S

- Do keep your arm/hand elevated to minimise swelling, particularly soon after your surgery
- Do wear your splints as prescribed
- Do follow the therapist recommendations
- Do keep all your uninjured joints moving, including your shoulder and elbow
- Do massage your scar (once healed) with moisturiser as demonstrated by your therapist

DON'TS

- Don't force your finger to bend with your other hand
- Don't use your injured hand to grip objects tightly
- Don't drive until you have discussed this with your therapist