



REHABILITATION

PIPJ Fusion

You have had the middle joint of one of your fingers fused.

This joint will need protecting for 6 weeks while the bone joins together. It is important that you exercise the rest of your hand whilst this is happening.

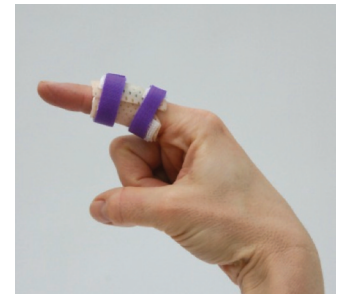
Progress following this surgery varies from person to person and you must be guided by your therapist. These pages provide a guide for an average rehabilitation regime for a single finger.

Week 0 – 6 after surgery

You will have a splint made to fit you by your hand therapist during the first week following your operation. This will replace the dressings put on in theatre and protects the fusion until it is solid.

Once your wound is healed you will also start scar massage and techniques to reduce the swelling of the finger.

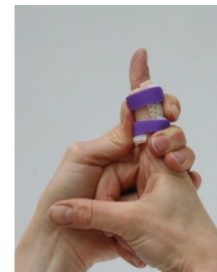
You should wear your splint all the time except to clean and dry the skin each day. The therapist will show you how to do this.



Perform the following exercises at least 10 times each every hour during the day:

Exercising the end joint of the finger

Hold down the middle joint of your finger into the splint with your uninjured hand, as shown. Once the finger is snug against the splint try to bend and straighten the top joint of the operated finger.



Exercising the bottom joint of the finger

Bend and straighten the bottom joint of the finger as shown.



DO'S

- Do keep your arm/hand elevated to minimise swelling, particularly soon after your surgery
- Do wear your splint as prescribed
- Do follow the therapist recommendations

DON'TS

- 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't leave your finger out of the splints until instructed to do so
- Don't use your injured hand to grip objects tightly
- Don't drive until you have discussed this with your therapist