



REHABILITATION

PIPJ Replacement

You have had one of the joints in your finger(s) 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 a single finger.

Exercises - Complete the following exercises 10 times every 2 hours.

Week 0 – 4 after surgery

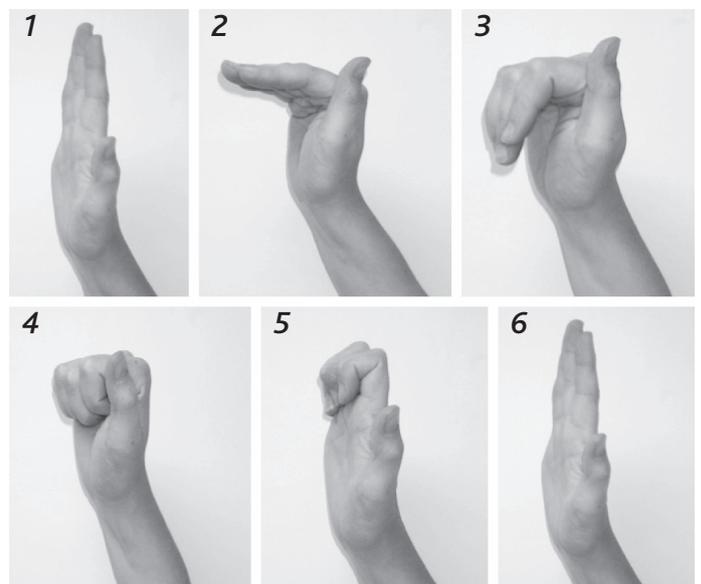
You will be provided with a splint made to fit you by your hand therapist during the first week following your operation. These will replace the dressings and splint put on in theatre.

Once your wound is healed you will also start scar massage, exercises to regain flexibility and be shown techniques to reduce the swelling of the finger.

Exercises - Complete the following exercises 10 times every 2 hours.

Tendon Gliding

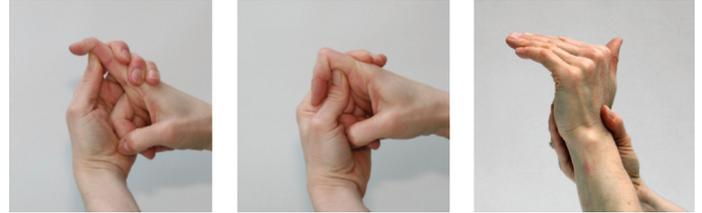
Complete as a sequence, as numbered.





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Isolated Blocked Flexion (bending each joint)



Isolated Blocked Extension (straightening each joint)



Weeks 4 – 6 after surgery

You may now begin to put load through your operated finger. Start with light activities such as 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. The general rule is to build up gradually and be patient.

You can stop using your splint by this stage but it can be used as extra protection if it gives you confidence when you are out and about.

Weeks 6 - 12 after surgery

You should stop using your splint during this stage of your recovery.

You will be working on improving your range of motion,

strengthening your hand and finger and continuing to reduce the swelling in your finger.

You should not do any contact sports (eg rugby) or heavy lifting until at least 12 weeks after your surgery.

DO'S

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

DON'TS

- Don't leave your finger out of the splint until instructed to do so
- Don't force your finger to bend with your other hand until 6 weeks after the surgery
- Don't use your injured hand to grip objects tightly until 6 weeks after the surgery
- Don't drive until you have discussed this with your therapist