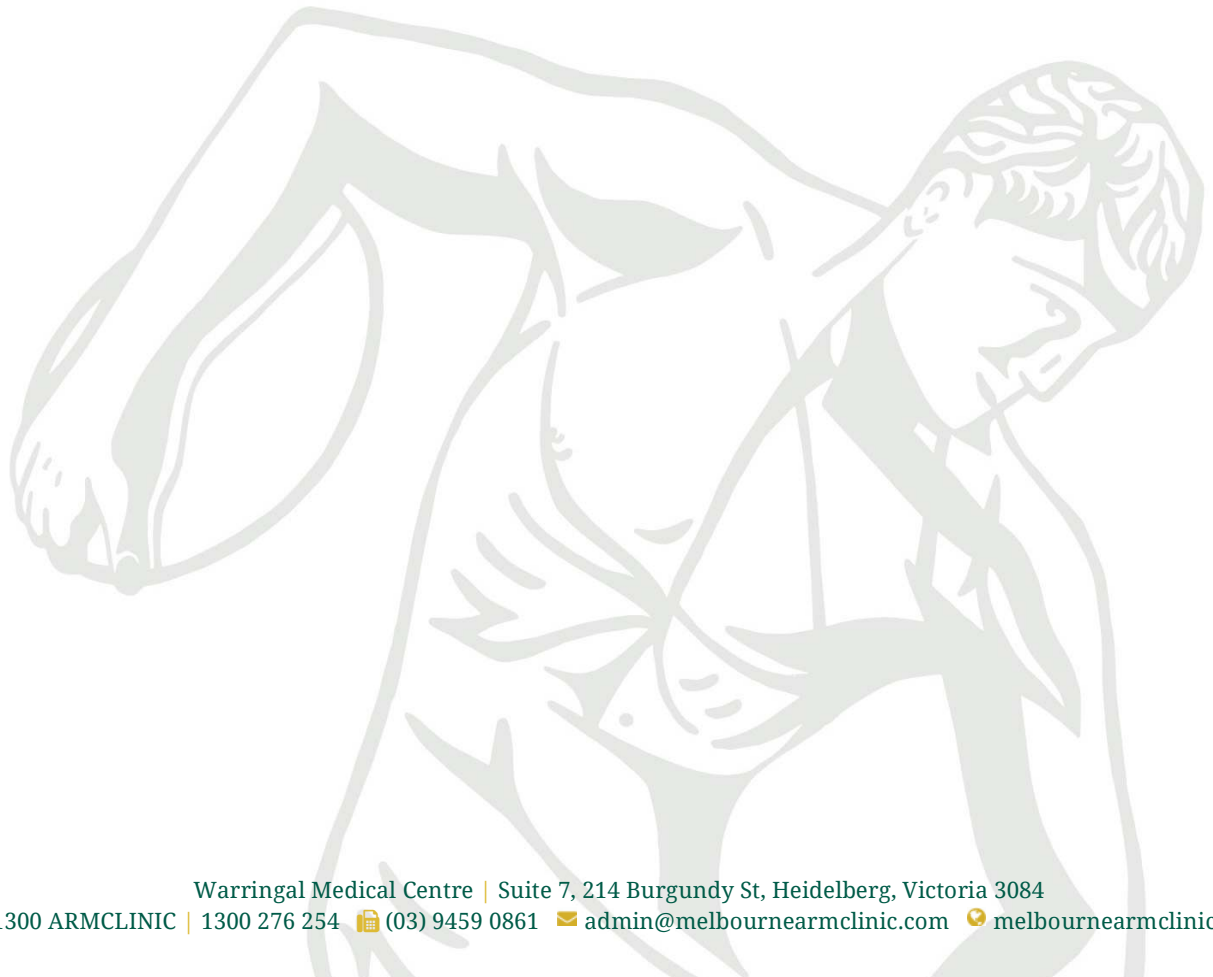




PIP/DIP Arthrodesis Protocol





PIP/DIP Arthrodesis

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Sling	When will I go home?	What can I do?	What can't I do?
No sling	You will be discharged on the <u>same</u> day as the operation	Rest in splint	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- Rest in finger splint

Intermediate phase (2-6 weeks)

Goals

- Control pain

Rehabilitation

- Remain in splint
- Mobilise other digits

Late phase (>6 weeks)

Goals

- Regain movement from operated finger
- Regain strength, proprioception and function

Rehabilitation

- Wean splint
- Focus on mobilisation from other joint in operated finger
- Start pinch, opposition, gripping exercises

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
2 weeks	8 weeks	2 weeks	8 weeks