



MCP Joint Postoperative Therapy

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Important instructions following surgery:

- After surgery, the wrist and hand will be in a light dressing or possible splint. Please DO NOT remove this for the first 5-7 days. Try to keep the bandage clean and dry. Apply a band-aid. No antibiotic or general ointments for 2 weeks.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- At the end of 2 weeks, follow-up with PA-C in clinic for a wound check

Integra® MCP Joint Replacement Postoperative Therapy Protocol Osteoarthritis & Trauma Patients:

- **Postoperative Dressing**
 - Apply a bulky dressing with palmar and dorsal plaster splint maintaining wrist at 10-15° of dorsiflexion and slight ulnar deviation. The MCPs should be held in full extension and the IPs in slight flexion at 5-10°.
- **1 Week Postoperative Care**
 - First therapy appointment.
 - Remove plaster splint and lightly dress the wound.
 - Take care not to rotate, compress, or distract the joint during routine therapy.

Splint Fabrication:

- **Static MCP Flexion Block**
 - An MP flexion block splint should be made to maintain full MCP extension yet allow IP flexion for day exercises and rest periods. It is also worn as a night resting splint. Individual or all fingers may be included.

Exercises:

It is important that the MCPs extend fully. In osteoarthritis and trauma patients, the soft tissue envelope may be very stable and flexion to 90° may be achievable. However, flexion should be limited to 60° during the first two weeks postoperatively to protect the extensor repair.

The patient should not begin any resistive use of the hand, even for ADLs.

All exercises should be done in a slow, pain-free manner while wearing the dynamic splint.

- **Exercise Frequency & Repetition:**

- It is recommended that exercise sessions be performed hourly throughout the day. The patient should do 10-15 repetitions of each exercise during each session.

EXERCISE #1 MCP Flexion to 45-60° according to surgeon's Instructions

EXERCISE #2 Touch Each Finger Tip to Thumb Tip

EXERCISE #3 Full PIP/DIP Flexion & Extension

- **4 Weeks Postoperative Care**

- Continue wearing splints or use buddy taping and do exercises as previously prescribed.
- Resume light ADL outside of the splint.
- Increase MCP flexion to 90° actively.
- If 60° of flexion has not been achieved, active assistive ROM exercises and a dynamic MCP flexion assist splint may be required.
- X-ray to confirm correct implant position.

- **6+ Weeks Postoperative Care**

- Progress to full activities as tolerated.