



## **MCP Silicone Arthroplasty - Rheumatoid Arthritis**

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### Week 2 (First follow up with PA)

- Following removal of post-op dressings and sutures, begin edema reduction techniques as needed
- Fabricate dynamic and static extension splints, as noted above in osteoarthritis protocols
- Check implant position with x-ray with splints on
- Begin MP joint flexion to 30 degrees
- Begin radial finger walking (with fingers in dynamic extension slings)
- Begin full IP joint range of motion

### Week 4

- Goal is to achieve 45 degrees of flexion after 4 weeks
- Use IP blocking splints, as needed, to transfer forces to MP joints, if 45 degrees not achieved