

Hand Therapy

Single MCP Joint Replacement

The Surgery

You have had a replacement of the 'knuckle' joint of your finger (metacarpal phalangeal joint/MCP joint) after having had severe changes in the joint. This surgery is predominantly one for pain relief but by adhering to the following guidelines, we hope to get your function as good as possible.

The joint that has been used in your surgery is an 'Osteotec Silastic Hinge Arthroplasty'. This is a constrained joint that means there is a low risk of dislocation and gives you an opportunity to be working on your movement sooner. However, this still needs to be done in a protected way and hand therapy will offer you guidance with this.



Immediately Following Surgery

- You will be in a bulky dressing for a minimum of 2 days following surgery.
- Prof Imam will make a referral via email or via day surgery for hand therapy.
- Hand therapy will be in touch with this appointment the day following your surgery.

2-5 Days Post Op

Attend Hand Therapy for:

- Removal of bulky dressing and wound management
- Fabrication of a resting volar splint in the position of safe immobilisation for night time and protective use
- Advise on management of post-operative swelling
- Advise on active exercises for flexion and extension.

1-2 Weeks Following Surgery

Attend Hand Therapy for:

- Dressing changes if required
- Check volar resting splint
- If concerns with MCP joint extension a dynamic splint may be fabricated

2 Weeks Following Surgery

Attend Hand Therapy for:

- Removal of sutures and scar management if ready
- Check ROM
- Check post-operative swelling and address appropriately

3 Weeks Following Surgery

Attend Hand Therapy for:

- Scar management
- Check ROM
- Check post-operative swelling and address appropriately

4 Weeks Following Surgery

Attend Hand Therapy for:

- Check ROM
- Check post-operative swelling and address appropriately
- Progress home exercise programme to include thesponge / strengthening exercises

6 Weeks Following Surgery

Attend Hand Therapy for:

- If no concerns use of the resting splint can stop at the discretion of your therapist
- Check ROM
- Check post-operative swelling and address appropriately
- You may be advised how to encourage flexion passively
- You may be provided with a sandwich splint for the fingers to encourage MCP joint flexion

6-12 Weeks Following Surgery

Hand therapy input will continue if there is a specific clinical need and goals that haven't yet been achieved. In this scenario your home exercises will be progressed appropriately for you depending on how you are presenting.

The above guidelines have been produced for Prof Imam's patients only, with the stated implant. These are just guidelines and all patients are treated individually depending on their presentation on a case by case basis and as guided by the Consultant.

Professor M. A. Imam
MD, D.SportMed, PhD, FRCS (Tr and Orth)
Subspecialist in Upper limb and Complex trauma reconstruction
Tel: 020 3384 5588
info@thearmdoc.co.uk
www.thearmdoc.co.uk