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PIP Joint Replacements

The Surgery

You have had a replacement of the middle joint of your finger (proximal interphalangeal joint or PIP 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 a 'unconstrained joint arthroplasty'. Because this joint is unconstrained we need to protect it for a period of time following your surgery to look after the supporting structures.



Immediately Following Surgery

- You will be in an extension blocking plaster for two weeks.
- Mr Gupta will make a referral via email or via day surgery for hand therapy.
- Hand therapy will be in touch with this appointment as soon as the referral is received. Depending upon availability of appointments hand therapy try to time this in to be the same day as your plaster removal.

2 Weeks Following Surgery

You will attend a review with Mr Gupta for:

- Removal of the plaster and sutures
- Post op check and x-ray

You will attend hand therapy for:

- Thermoplastic removable splint, this will be on the back of the finger to block extension at 20 degrees. This is to be worn constantly until 6 weeks post-surgery
- Advise on scar management if ready
- Advise on oedema management
- Advise on active and gentle passive exercises

3-5 Weeks Following Surgery

You will attend hand therapy for:

- To check your splint
- Scar management
- Oedema management
- Check range of motion

6 Weeks Following Surgery

You are likely to have a review with Mr Gupta to check on your progress post-surgery and possibly another check x-ray.

You will attend hand therapy for:

- Check range of motion
- Check grip strength if appropriate
- Begin grip strengthening exercises if appropriate
- Advise on reducing splint to night time only

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.