Proximal Interphalangeal Joint Arthroplasty
Therapy Instructions
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1 week
Therapy is started to focus on recovery of motion to the finger joints adjacent to the arthroplasty. In addition, a removable splint is fashioned for the affected joint(s).

**Splint:**
- Fashion a hand-based volar finger splint that spans the PIP joint, leaving the DIP and MCP joints free.
- Wear splint at all times, including with therapy.

**Motion:**
- AROM/AAROM/PROM of the fingers and finger joints adjacent to the arthroplasty.
- Flexor and extensor tendon gliding exercises.
- Forearm motion unrestricted.
- No radial or ulnar deviation to the PIP joint at any point in therapy.
- 2 lbs lifting restriction.

**Edema Control:**
- Coban, digit sleeves, ACE wrap, edema modalities per therapist.

2-6 weeks.
**Splint:**
- The splint can be removed with therapy or home exercises starting at 2 weeks, but otherwise should be worn full-time until 6 weeks.
- Continue splint during other activity and at night.

**Motion:**
- AROM/AAROM/PROM of the fingers and finger joints adjacent to the arthroplasty.
- AROM out of the splint to the operated joint at 2 weeks
- AROM/AAROM/PROM out of the splint at 4 weeks
- Flexor and extensor tendon gliding exercises
- Wrist/forearm motion unrestricted
- 2 lbs lifting restriction.

**Edema Control:**
- Coban, digit sleeves, ACE wrap, edema modalities per therapist.

6 -10 weeks
Continue to focus on finger ROM and begin to include strengthening. Transition to home exercise program by 8-10 weeks as symptoms allow.

**Splint:**
- Wean from splint during daytime; continue at night until 10-12 weeks.
- If an extensor lag is present, re-mold splint to hold PIP joint in full extension.
Motion:
- Begin gentle finger strengthening using putty or other modalities per therapist.
- 5 lbs lifting restriction starting at 6 weeks.
- 10 lbs lifting restriction at 8 weeks.

Edema Control:
Per therapist

10-12+ weeks
Continue therapy past 10 weeks only if additional work conditioning is required.

Splint:
- Discontinue if still using during the day.

Motion:
- No restrictions at 10 weeks.