



## **Nail Bed Repair / Fingertip Crush Injury**

### **Therapy Instructions**

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#### **3-5 days**

Therapy is started to focus on maintenance of motion to the finger joints. In addition, a padded alumafoam splint is fashioned for the fingertip. Instruct the patient on techniques to prevent tip hypersensitivity as soon as the soft tissue allows.

#### Splint:

-Remove the surgical dressings and apply a padded alumafoam splint crossing only the most distal joint along with new dry dressings.

#### Motion:

-Remove splint with therapy exercises.  
-AROM/AAROM/PROM of the fingers and finger joints adjacent to the surgery site.  
-Flexor and extensor tendon gliding exercises.  
-Wrist/forearm motion unrestricted.

#### Edema Control:

Coban along with dry surgical dressings.

#### **1 -2 weeks**

Continue to focus on finger ROM. Once the finger tip is dry, transition to Coban for light tip protection. Continue with desensitization techniques.

#### Splint:

-Discontinue splint and transition to a soft tip protector.

#### Motion:

-Continue AROM/AAROM/PROM to the fingers.

#### Edema Control:

Coban, soft fingertip protector per therapist.

#### **2-6 weeks**

#### Splint:

-Wean from use of soft finger tip protector by 3-4 weeks.

#### Motion:

-Begin grip/strength training with putty at 3 weeks.  
-Transition to a home therapy program by 6 weeks.