

MCP ARTHROPLASTY (Advice Sheet 1)

Name: 2 - 3 weeks

- *You have had an operation to replace the knuckle joint/s in your hand*
- *A splint has been made to protect and position your hand so that it heals well. It is important you wear this all the time (except to do your exercises)*
- *Keep your hand up as much as possible, to help reduce swelling.*

EXERCISES – Do these **every hour**

1. *With your splint on, slowly bend and straighten your fingers. Repeat this 20 times.*
2. Take your splint off. Start with your hand straight. Slowly bend your fingers at the operated knuckle joints. Try and keep your fingers straight while you do this.

3. Place your hand flat on a table. Slowly lift your fingers one at a time (starting with your index finger) and move them across towards your thumb. Repeat this 10 times. **Do not do this towards your little finger.**
4. If your wound has healed, use hand cream to massage your scar. Do this for 10 minutes.
5. Using your other hand, push your fingers straight and try and keep them there. Hold for 5 seconds.

MCP ARTHROPLASTY (Advice Sheet 2)

Name: 3 – 6 weeks

- *Continue with all your exercises*
- *Remember to keep your hand up to help prevent it swelling*
- *Make sure as you do your exercises that your fingers are moving normally and not 'going off' to one side.*

EXERCISES

From 4 weeks you can start some gentle strengthening activities e.g., scrunching up paper. Make sure your fingers bend in a straight line when you are doing this.



- Work steadily through your exercises
- Continue to wear your splint all the time



- Lift anything heavy with your hands

MCP ARTHROPLASTY (Advice Sheet 3)

Name: 6 – 8 weeks

- *Your joints are getting stronger*
- *You can now stop wearing your splint during the day*
- *Continue to wear it at night for the next 2 weeks*

EXERCISES

Exercise your hand with some putty or use thicker paper to 'scrunch' up.



- Return to light work
- Keep your splint on at night



- Stay in one position for long periods
- Avoid activities that will put a sideways force on your fingers eg., lifting a carrier bag

8 weeks +

- Gradually increase your strength
- You may drive at 10 weeks
- Keep an eye on how your fingers are moving
- Any problems contact your Physiotherapist