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## **EXERCISES FOR MCP JOINT ARTHROPLASTY**

Physiotherapy Department  
01935 384358

Occupational Therapy Department  
01935 384215

***Hand Therapy  
Service***

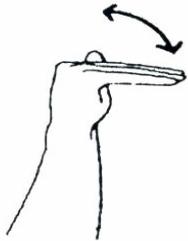
[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

## OUT OF SPLINT

Hand in palm support

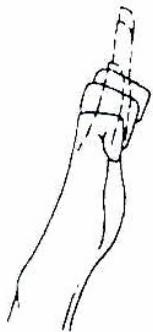
### 1. Isolated MCPJ Flexion/Extension

Elbow on table, support hand with other hand. Bend and straighten new joints, keeping the other joints in the fingers straight.



### 2. Hook Position

Start with wrist and fingers straight. Hook your fingers, keeping knuckles straight. Straighten fingers.



3. Bring your index finger over towards thumb.
4. Touch index finger pad onto thumb pad.



5. Bend and straighten wrist keeping hand relaxed.
6. Straighten out fingers using other hand to help lift the fingers. Try to hold this position.

## WITHIN SPLINT

7. Hook fingers (Exercise 2) to keep joints mobile.

## 4 WEEKS ONWARDS

Add the following exercises.

8. Rest side of hand on table with thumb up. Bend new joints, then bend fingers as far as you can. Hold for a few seconds, then straighten.
9. Place palm on table, try to lift up fingers.

10. Place palm on table, walk fingers sideways towards thumb, starting with index finger. Lift hand off table, place palm on table and repeat. **Do not walk fingers back.**

If new joints are stiff, you may be shown a gentle stretch. Bend joints as far as possible, then apply a gentle stretch, hold this position for a few seconds then release.

Start practising coordination and light strengthening.

## 5 WEEKS ONWARDS

Start to practice light activities and function.

## 6 WEEKS ONWARDS

Stop using splint during the day. Continue at night on your therapist's advice. Splint may be adjusted.

Start progressive strengthening of hand, increasing at 8 weeks.

Avoid:

- Sustained grip
- Writing or knitting for long periods
- Don't push out of a chair using Fingers

## 10 WEEKS

You may start driving.