

Patient information factsheet

Metacarpophalangeal (MCP) joint replacement: post-operative advice

This factsheet contains useful advice to help with your recovery after your metacarpophalangeal (MCP) joint replacement operation. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

Splinting

After your operation, we will provide you with two splints to protect your joints from sideways forces. One splint will hold your fingers out straight, and the other will hold your fingers bent.

You will need to wear the splints when not exercising. You should alternate the splints day and night.

When bathing, showering or washing your hands, place a plastic bag over the splint to keep it dry.

Your splints may require regular adjustments, so please bring both of them with you to each therapy session to allow us to check.

Exercises

1. Keeping your fingers straight, bend and straighten your knuckles.
2. Bend the middle and end joints of your fingers while keeping your knuckles straight.
3. Bend your fingers into a fist.
4. Straighten your fingers.
5. Using your other hand, push your fingers straight and try to keep them there.
6. Bend and straighten your wrist.
7. As if you were drumming your fingers, walk your fingers one at a time towards your thumb (never towards your little finger).

Repeat _____ times every hour.

Do

- keep your arm and hand elevated to reduce swelling
- alternate your splints day and night
- lift your arm above your head regularly to keep your shoulder and elbow moving

Don't

- use your hand for the first eight weeks after surgery
- push or position your fingers in the direction of your little finger
- walk your fingers towards your little finger

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Contact us

If you have any questions or concerns, please contact us.

Hand therapy team

Therapy outpatients

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