St James’s Hospital
Volar Plate (PIPj) injury/repair Protocol

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The following protocol may be used post-surgery or for conservative management

Day one post-surgery
- Change of dressing.
- Dorsal Blocking Splint made on first working day after surgery
- Splint: Digital based dorsal blocking splint with PIPJ resting in slight flexion.
- Early Active Movement (EAM) of digit within splint commenced:
  1. Passive flexion
  2. Active flexion
  3. Active extension within limits of splint avoiding end range

10-14 days
- Removal of sutures if indicated (check suture type)
- Splint and exercises checked
- Oedema and scar management commenced if indicated

Week 3:
- Commencement of active and passive ROM exercises and light functional use of hand/digit.
- Night serial extension splinting if indicated.
- Oedema and scar management on-going
- Referred locally with protocol if indicated.

Week 5 and onwards
- Progress to resisted activity and increase functional use of hand and return to all pre-injury activity.