



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Finger Pinning

- Move fingers that are not immobilized by the splint immediately after surgery.
- Keep splint on until follow up in 5-7 days. OT for new custom splint and start protected finger ROM in joints not involved.
- Pins are typically removed at 4 weeks after surgery.
- 2-4 weeks: Continue ROM exercises for uninvolved joints. Wear splint at all times except for hygiene and therapy exercises. No lifting/pushing/pulling with involved fingers.
- After pin removal, start active ROM of the involved joints and continue wearing the splint.
- 8-12 weeks: Start passive ROM as well and wean out of splint. OK to start gentle strengthening exercises if not painful. Lift < 2 lbs with involved fingers.
- 12 weeks: Return to normal use of hand using pain as guide