

Aftercare following joint replacement

Occupational Therapy & Physiotherapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Who is this leaflet for?

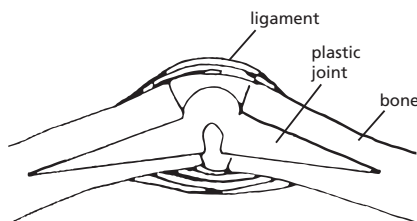
This leaflet is for patients who have had surgery to replace one or more of the joints in their hand.

What does this leaflet tell me?

This leaflet aims to show you how to protect your new replacement joints and get back as much movement as possible.

What do my joints look like now?

During surgery the ends of the bones forming your joint were removed and new plastic hinge 'joints' inserted into the bone ends.



What are the risks after surgery?

The main risk is joint stiffness or loosening of the joints, causing the fingers to 'drift' back to the position before surgery.

How do I avoid these risks (to prevent the joints drifting out of position)?

It is important that you follow your therapist's advice, and ensure the correct balance between movement and splinting. **Movement** helps to avoid joint stiffness. **Splinting** prevents the joints drifting out of position.

What happens now?

You will be given two splints, which keep the fingers positioned correctly. You must wear one splint for the first 24 hours and then the other splint for the next 24 hours, continuing to alternate between the two splints. This will continue until 4 weeks after your surgery date. The splint should be removed every 2 hours during the day, to carry out the exercises shown on the next page.

At 4 weeks you will be able to reduce the use of the splint and start using your hand for light functional tasks. Heavier activities will be restricted for up to 12 weeks after the surgery date. You may need to continue wearing a splint at night for several months.

What exercises should I do?

Do the following exercises every 2 hours during the day:

- Stretch both arms above your head
- Straighten and bend your elbow
- Bend and straighten your wrist
- Bend your thumb across your palm and stretch straight

Then remove the splint and repeat each of the following exercises 5 times:

1. Bend the main knuckles, keeping the fingers straight. Hold the position for 5 seconds



2. Place your hand flat on a table (palm down), then 'walk' your fingers towards the thumb. NEVER 'walk' towards the little finger



3. For each finger, in turn, support the middle joint and bend the top joint, holding the position for 5 seconds



4. For each finger, in turn, support the bottom joint and bend the middle joint, holding the position for 5 seconds



5. Bend all the fingers down together to form a tight fist



6. Push the fingers straight with the other hand. Let go and try and keep the fingers straight on their own



7. Place your hand flat on a table (palm down) and try and lift the fingers up, away from the table. Hold the position for 5 seconds.

ALWAYS REPLACE YOUR SPLINT ON THE HAND BETWEEN EXERCISE SESSIONS

Who can I contact if I have any concerns or queries?

If you have concerns or queries about any aspect of your treatment please speak to your therapist.

Name of Therapist:

Contact Telephone Number:

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。