

Hand Therapy

Joint management after Metacarpophalangeal (MCP) joint replacement

After a surgery your replacement joints can still be at risk of developing deformities. Altering the way certain daily activities are performed can help to protect the joints.

The following advice is designed to protect your new joints from stresses and strains and help delay the recurrence of any deformities. It is particularly important to avoid pushing the fingers towards the little finger. This movement is known as ulnar deviation. The advice below can help to limit the amount of ulnar deviation in day-to-day activities.

Daily Activities

Taps

- Avoid twisting the hand outwards.
- Turn taps on with the right hand and off with the left hand if you are able.
- If you are unable to turn taps on with one hand use both hands on the sides of the tap handle.
- Consider using tap turners or changing to lever taps.

Opening Tins

- Avoid key tin openers.
- Use an electric or wall mounted tin opener or one with large handles.



Patient Information

Opening Jars and Bottles

- Again, open with the right hand and close with the left.
- Use an aid to stabilise the jar or bottle and use both hands on the sides of the lid.
- Use a jar opener device.

Carrying

- Avoid carrying items using a key grip (thumb pushing on the side of the index finger).
- Carry with the hands flat or around the sides of the item.
- Grip with the whole hand.

Chopping and Peeling

- Use utensils with wide or adapted handles.
- Grip with the whole hand.

Keys

- Consider using an adapted key grip.

Further Information

If you need further information, please call your therapist on 024 7696 6016.

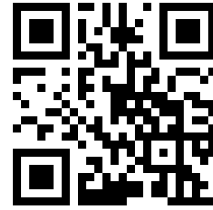
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