

## **Hand/Finger Laceration**

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

### **Phase I: 0 - 2 weeks**

#### **Goals for Phase I:**

1. Wound monitoring
  2. Swelling control
  3. Functional ROM
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- A. Orthotics: Use wrist or fingersplint (per physician order) for protection and swelling control as needed.
  - B. ROM: Work aggressively to restore normal active and passive ROM
  - C. Strengthening: Begin with AROM progress to grip strengthening as tolerated
  - D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
  - E. Modalities: Can utilize for pain, inflammation, swelling control, and/or muscle re-education as necessary

### **Phase II: 2 – 4 weeks**

#### **Goals for phase II:**

1. Normal ROM
  2. Functional hand strength
  3. Use hand for normal ADL's
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- A. Orthotics: Gradually discontinue use of wrist splint
  - B. ROM: Continue A/PROM as needed
  - C. Strengthening: Progress strengthening as tolerated
  - D. Functional activities: Use hand for ADL's as tolerated
  - E. Soft Tissue Management: Continue as needed
  - F. Modalities: Continue as needed

### **Phase III: 4 weeks to release**

#### **Goals for Phase III:**

1. Normal hand strength
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- A. Continue strengthening, conditioning, and functional activities as needed