

Herberdens Node

Phase I: Immobilization: (0 – 4 wks)

A: Orthotics: (aluminum extension splint) Involved joint should be splinted in fully extended position. (DIP or PIP joint). Uninvolved finger joints should not be splinted.

B: ROM: No ROM should be performed at involved joint for 4 wks. Tendon gliding may be performed while aluminum splint is worn. Active joint blocking should be performed to uninvolved joints.

C: Strengthening: No strengthening

D: Desensitization: Performed over intact skin and over incisional scar when healed.

E: Scar massage/mobilization: Perform 1 day following stitch removal to mold adhesions

Phase II: Weeks (5 – 8)

A: Immobilization: Splint removed per physician order

B: ROM: Begin AROM / AAROM of involved joint. Continue ROM as needed for uninvolved joints. At beginning of 6th wk begin PROM and joint mobilization to restore normal arthrokinematics and osteokinematics.

C: Strengthening: Begin strengthening at beginning of 6th week unless otherwise indicated by physician

C: Desensitization: Continue

D: Scar massage/mobilization: Continue