

Metacarpal Fracture

Phase I: (0 – 4 wks):

- Goals:
1. swelling control
 2. immobilization
 3. regain normal active ROM of fingers

A. Orthotics: Fit w/ wrist splint for swelling control and proximal stabilization. Buddy tape fingers to assist w/ distal stabilization.

B. ROM: Active finger ROM w/ involved fingers buddy taped. Tendon gliding and joint blocking AROM exercises. No wrist ROM (keep immobilized) w/ wrist splint.

C. Strengthening: No strengthening

D. Modalities: PRN for swelling control and pain management

Phase II: (4 – 8 wks)

- Goals:
1. swelling control
 2. regain normal finger and wrist AROM
 3. improve grip strength (when indicated by physician)

A. Orthotics: wrist splint DC'd per physician orders

B. ROM: Finger A, AA, PROM as indicated by order. Continue tendon gliding and joint blocking exercises as needed. May begin wrist AROM.

C. Strengthening: Begin low intensity grip strengthening after 6 wks