

## Exercises

**When your surgeon determines the fracture is stable, an exercise program may improve the outcome of your treatment. Review these exercises with your surgeon or hand therapist prior to starting them.**

The following ACTIVE exercises should be performed 4-6 times per day. (Active exercises are performed using your own muscles to move the finger--do not use your opposite hand to force the motion.) Ask your surgeon or therapist to observe you performing these exercises to ensure you are doing them correctly or if there are different exercises they would prescribe for you.

1. Hold the proximal phalanx of the involved finger in extension (straight) with your opposite hand and actively bend your finger to the maximum range of motion. Hold flexed for five seconds, then straighten and repeat ten times.
2. Hold the proximal phalanx of the involved finger bent in relation to your palm and actively straighten your finger to the maximum range of motion. Hold straight for five seconds, then relax and repeat ten times.
3. With all the fingers flexing together, **gently** make a fist to your maximum range of motion. Hold for five seconds, then open the hand maximally, hold for five seconds. Alternate between the fully flexed and fully straight positions ten times.
4. You may use your hand for light activities of daily living (eating, hygiene, dressing, etc.)
5. Keep your hand elevated above your heart to reduce swelling.

**If the exercises cause excessive swelling and/or pain, call your doctor or therapist. You may need follow up X-rays to ensure that your joint reduction is maintained.**

**PIP Fix<sup>®</sup>**  
External Fixation System

## Patient Information

### Attention Surgeon:

Review the enclosed instructions for band changes, pin care and exercises with your patient. Modify as needed for each patient.

**Warning: The Elastic Bands in this product contain natural rubber latex that may cause allergic reactions.**

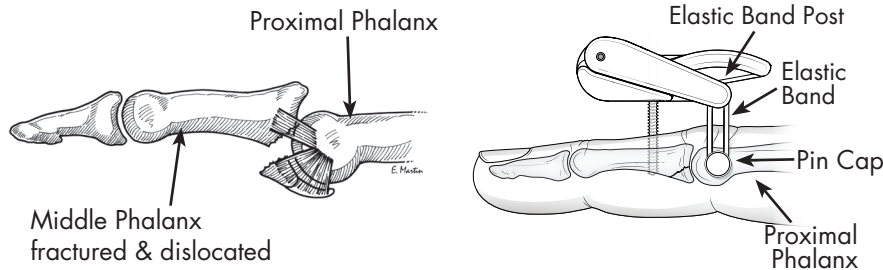


Hand Biomechanics Lab, Inc.  
77 Scripps Drive, Suite 104  
Sacramento, CA 95825  
(800) 522-5778

# PIP Fix Patient Information

## Introduction

The **PIP Fix** is designed to exert a force that keeps the fractured middle joint of your finger properly aligned relative to the proximal phalanx while it heals. With the joint reduced, you should be able to move your finger through a reasonable arc of motion.



The force created by the **PIP Fix** that holds your joint in the correct position is generated by Elastic Bands. For the **PIP Fix** to keep your joint and fracture reduced, **the Elastic Bands must be installed**. Keep extra Elastic Bands with you at all times.

The Elastic Bands should be changed every day. It is advisable to have someone help you with changing the bands. You may find the included Band Applicator Tool makes it easier to install the bands.



**Note:** The bands are different colors so you can be sure to install a new band and remove the old one. There is no difference in band strength from one color to another.

Please do not hesitate to contact us if you need more Elastic Bands.

**Changing Bands:** Take a new band out of the vial and stretch it out a few times. (Stretching the band before band changes will make it easier to install and helps ensure that the difference in tension from the old band to the new one is not too large.) Put the new stretched band onto the Pin Cap and the Elastic Band Post before removing the old one so the fracture alignment forces are not lost. The Elastic Band Posts need to be kept level during band changes. Repeat the band change on the opposite side of the finger.

The Elastic Bands should be installed from the device to the Pin Caps at all times. If they are removed, the device may separate from the Bone Pin. This could result in a loss of fracture reduction and/or a loss of the **PIP Fix** device itself.

The **PIP Fix** is not damaged by water. Ask your surgeon for guidance on hand washing and showering. Pin site care is important in preventing pin track infections. Ask your surgeon how to care for the pin sites. Petroleum based ointment will degrade the Elastic Bands if it comes in contact with them.

Fracture reduction may be compromised and/or the device and Bone Pins may be damaged if you accidentally hit your hand against an object or catch it on clothing or bedding. Use reasonable care when using your hand and sleeping.