

Metacarpal Fracture Nonoperative Rehab Protocol

Dr. Nielsen

0-1 weeks

- Splint to fingertips in safe position
- Weekly XRs

1-3 weeks

- Cast to fingertips in safe position

3-6 weeks

- FRC to proximal phalanges
 - Full time except exercises
- ROM: finger IP and MP active ROM with support under MC head

6-8 weeks

- FRC to proximal phalanges
 - Use for anything over 2 pounds or for sports
- ROM: aggressive active and passive finger ROM

8+ weeks

- Discontinue splint
- ROM: aggressive finger ROM
- Strengthening PRN