

## RECOVERY OF HAND FUNCTION IN THE INTERPHALANGEAL JOINT POST-ARTHRODESIS



WEB OF SCIENCE™

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### Abstract

**Introduction.** This study aims to highlight the importance of the kinetic recovery program used to regain the functionality of the hand after arthrodesis, at the level of the interphalangeal joint. Also, during the paper, we will present both the techniques used and the methods applied to reduce pain and recover the remaining function.

**Material and methods.** A patient with open intraarticular AIFP D3.4 joint fractures in the right hand with the bone-operated defect was analyzed. The patient was evaluated functionally postoperatively, during the recovery program and, at the end of it.

**Results.** During the recovery program could be observed, progress and a good evolution of the hand functionality. The patient followed the kinetic program initially established by the physiotherapist and also, it was possible to observe the increase of the mobility of the joints in the vicinity of the joints affected by the immobilization of the hand. During the recovery program, a decrease in edema was observed at the local level and an increase in the strength of the hand muscles.

**Conclusions.** The physiotherapy program used to restore the functionality of the hand following arthrodesis at the interphalangeal joints must be preceded by an appropriate evaluation and must include techniques adapted to the patient's abilities. An essential condition for complications and recurrences to be avoided is a good collaboration between patient-physiotherapist-orthopedic surgeons.

**Keywords:** *hand functionality, recovery, arthrodesis*