PIP Joint Sprain

What is a PIP Sprain?

A sprain means the ligaments around the joint were stretched or partially torn. Common symptoms include:

- Swelling around the middle joint
- Stiffness, especially in the morning
- Pain with bending and straightening
- Difficulty making a fist

Why it heals slowly

The PIP joint:

- It has small ligaments that take time to tighten and remodel
- Swells easily
- Stiffens quickly when immobilized
- It is used constantly in daily tasks

Normal recovery time can take 6-12 weeks, and frequently longer.

Precautions

- Avoid forcing the joint into painful end-range
- Avoid gripping hard, lifting heavy objects, or weight-bearing on the hand
- If the joint was splinted or buddy-taped, follow your clinician's instructions
- Stop if you feel sharp pain, numbness or increased swelling

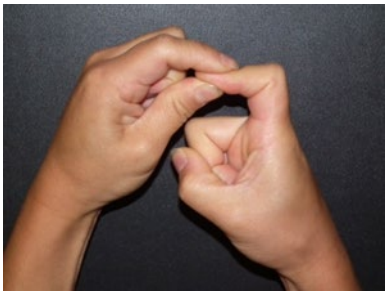
Early Phase Home Exercise Program (Initial ROM)

Perform the below exercises 3-5 times/day, 10-15 reps of each in a gentle pain-free motion.

These exercises are appropriate **once your clinician has cleared you to begin motion.**

1. PASSIVE FLEXION (GENTLE BENDING)

- Support the injured finger with your other hand
- Use the opposite hand to gently end the PIP joint until you feel a mild stretch
- Hold 3-5 seconds, then release



2. PASSIVE EXTENSION (GENTLE STRAIGHTENING)

- Support the finger on a table or with your other hand
- Use the opposite hand to gently straighten the PIP joint
- Hold 3-5 seconds

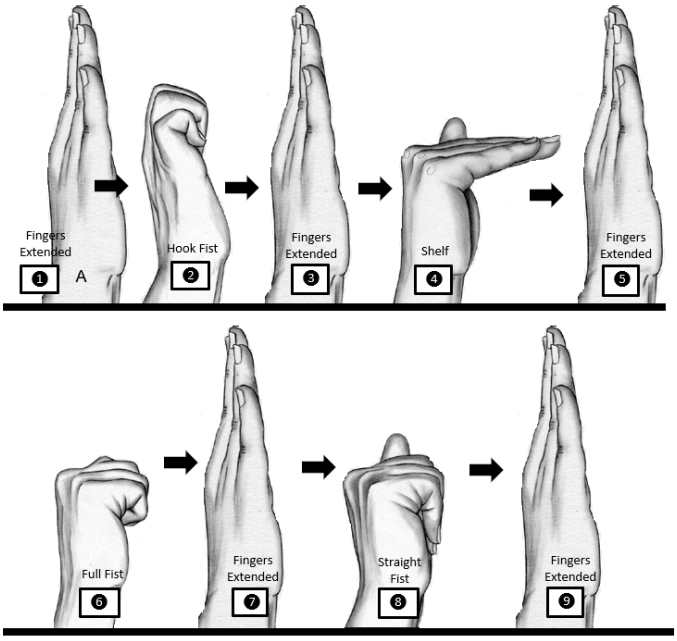


If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

3. TENDON GLIDES (VERY IMPORTANT FOR FINGER MOBILITY)

- Move through these positions slowly



4. BLOCKING EXERCISES (TARGETED PIP MOTION)

- Hold the finger just below the PIP joint to block the MCP joint
- Bend and straighten the PIP joint



5. EDEMA CONTROL (SWELLING MANAGEMENT)

Swelling limits motion more than pain does. Helpful strategies to manage swelling include:
Elevation

- Gentle finger pumps
- Contrast warm/cool water
- Light compression wraps or buddy tape if recommended by your clinician