

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Joint Release

Problem

- The joint is stiff causing restriction in range of movement.

Cause

- Adhesions have formed around the joint. This usually occurs after a joint injury, (fracture, dislocation)

Diagnosis

- There is a lack of active, passive range of motion.

Treatment

- Hand therapy – work at trying to maximize gains of movement
- If no progress is made after three to six months, surgery is recommended.
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Potential Complications

- Infection, haematoma, neurovascular injury, further stiffening and adhesions
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Post Op Care

- Light dressings and then to hand therapy to push active passive range of motion for up to three months