

MIKE FOSTER
Hand Wrist and Elbow Surgeon
MCP Joint Replacements

Problem

- Arthritis has developed in the main knuckle joints.
- There is pain, deformity and a loss of function.

Cause

- Most often due to an inflammatory arthritis, such as rheumatoid but can get develop osteoarthritic changes.

Diagnosis

- Usually a known history of inflammatory arthritis.
- Tendons and fingers tend to sublux in an ulnar direction.
- Plain x-rays confirm the arthritic change and dislocated joints.

Treatment

- Surgical – General Anaesthetic, arm block
 - o - one to two night hospital stay.
 - o - Usually a transverse incision over all four joints.
 - o - Bony cuts and debridement of the joints.
 - o - Insertion of silicone (rubber knuckles) prostheses.
 - o - Realignment of the soft tissues.
 - o - Skin closure and splint.

Potential Complications

- Infection, haematoma, stiffness.
- Recurrence of deformity.
- Fracturing of implants.

Post Op Care

- Patient goes into a protective slab.
- Seen by a hand therapist for formation of resting night splints and extension assist splints for during the day.
- Splinting period approximately six to eight weeks.