

# SURGICAL TREATMENT OF MCPJ STIFFNESS

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UHS

# Why?

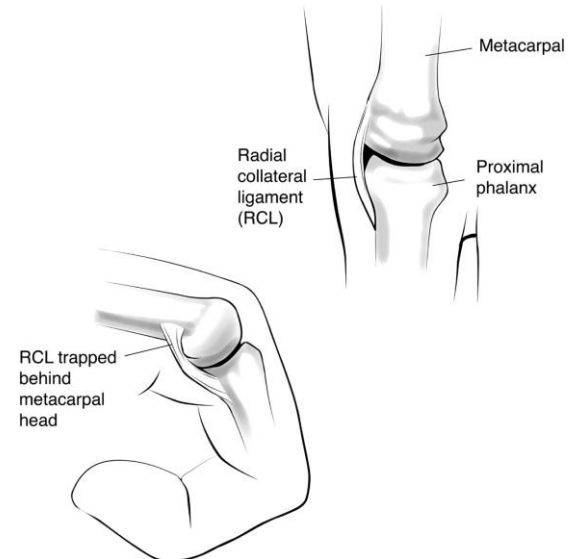
Failure of conservative Rx

Obvious block to motion

Deficiency of skin coverage

Pain.....BUT

# SURGERY CREATES SCAR TISSUE



# Layers – sequential releases

Skin

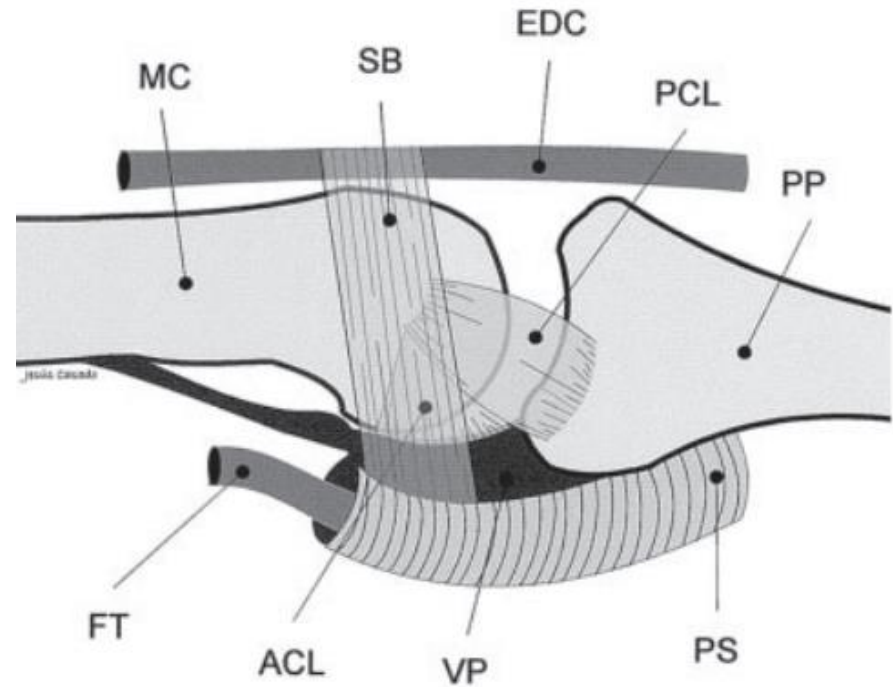
Subcutaneous tissue including nerves

Tendons

Capsule

Ligaments

Articular surface



# Key concerns

Immediate mobilisation post-operatively

Some ROM will be lost so ensure as much as possible intra-operatively

Pain relief

Pain relief

Pain relief



# Best Rx is prevention

Proper education of non-hand specialist surgeons:

Do we need to immobilise?

Do they need surgery?

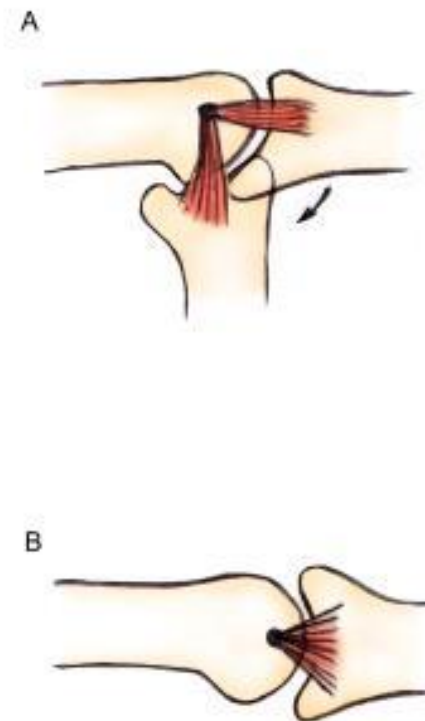
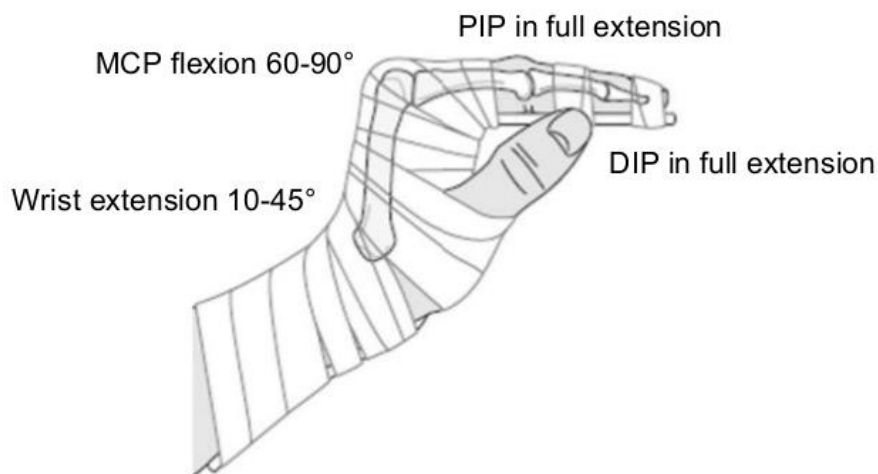
Planning: How can we operate AND have E.A.M.

Patient selection!

Appropriate follow-up

# If you have to immobilise...

## What is the POSI?



# Summary

Last resort but...

Useful

MUST have E.A.M.

Think anatomy

Think pain

Think block