

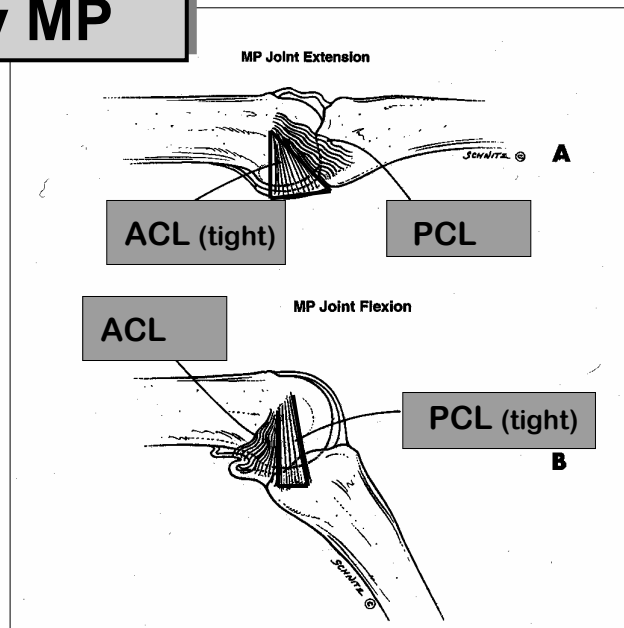
hand therapy



dislocations of PIP and DIP

Anatomy MP

Collateral
bands



Anatomy MP

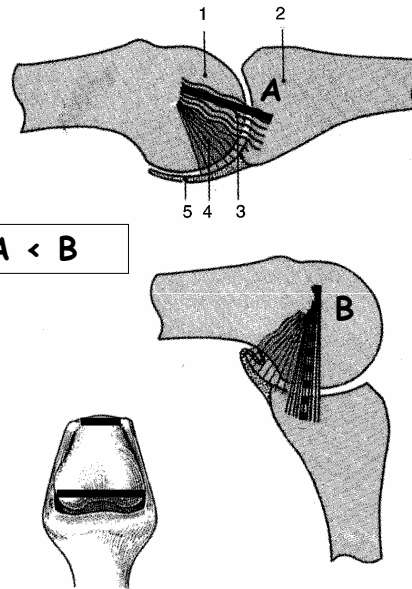
- Attachment site:
- Shape of the head:

MP in extension:

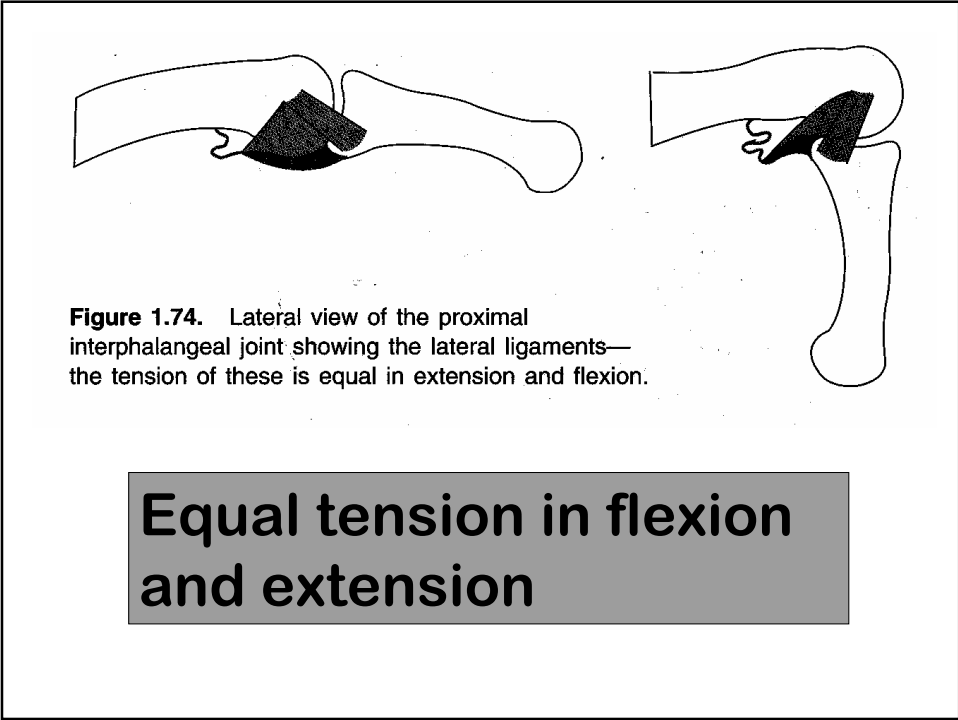
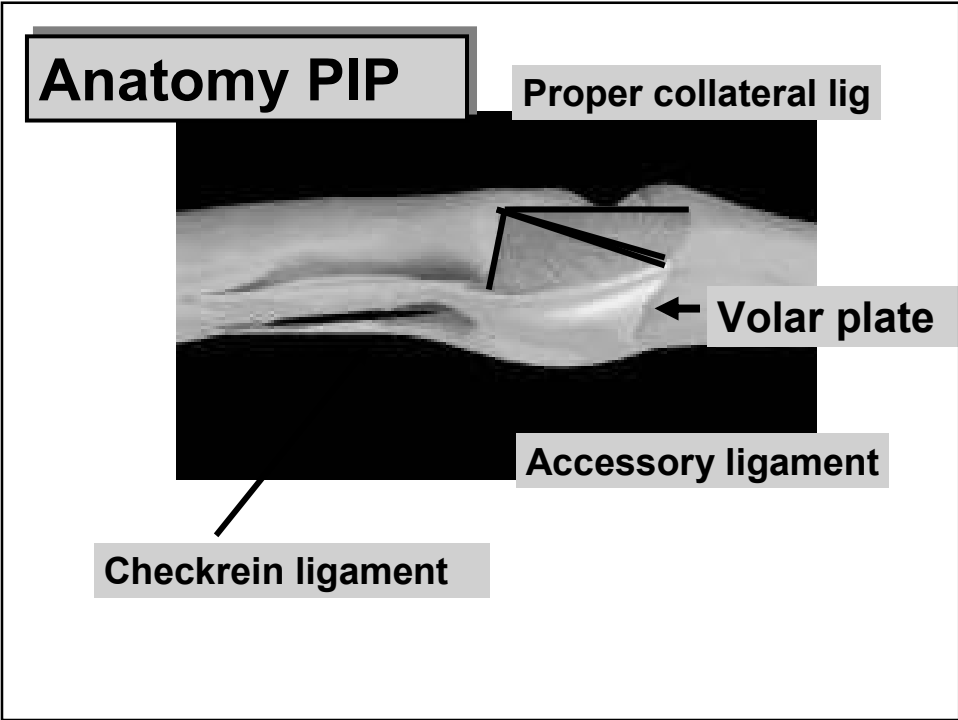
ACL tight

MP in flexion:

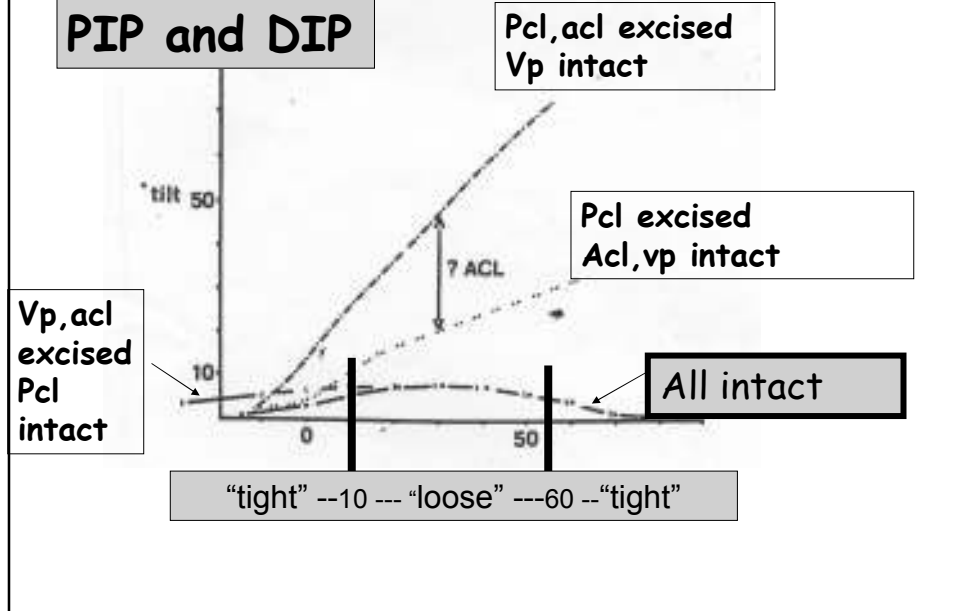
PCL tight



MP rotation necessary for grip



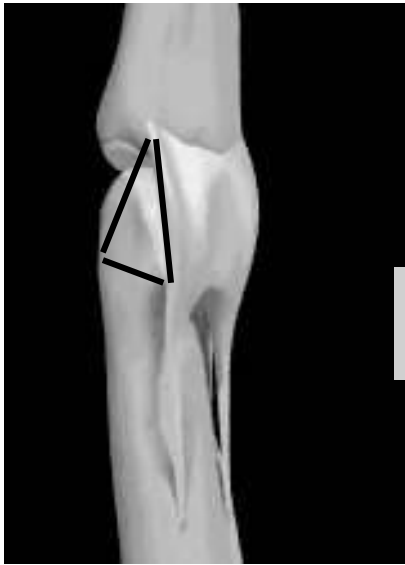
Bowers - PIP and DIP



Splint position PIP

- Do not immobilize PIP in "about 30°"
- Think and plan carefully:
 - What structure needs protection
 - What structure needs glide
- Conclusion: there is an optimal position for each injury.
- No standard positions!!!!

Volar plate

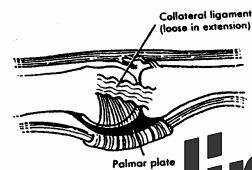


- Limits hyperextension
- Lateral stability
- as part of ACL complex

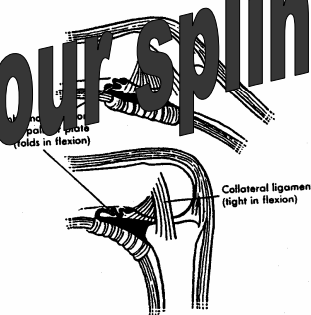
Important anatomical structures

Volare plate

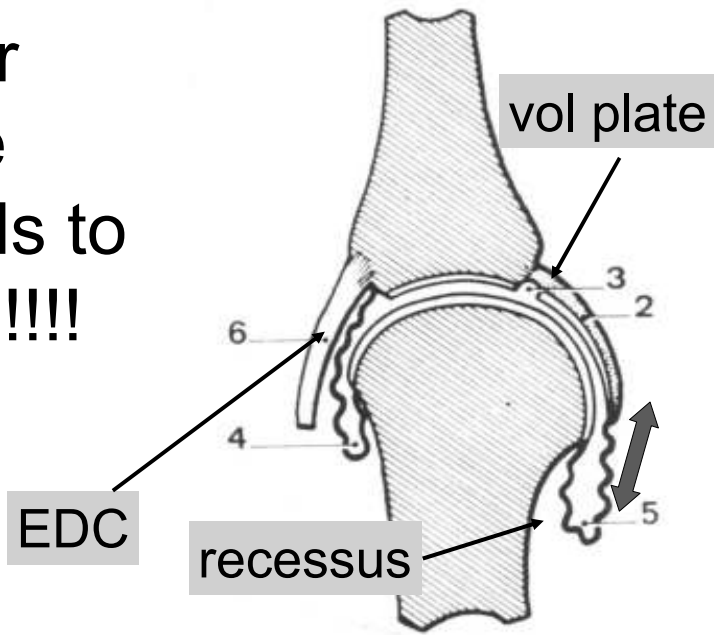
- You can predict
- You can prevent



customize your splint!

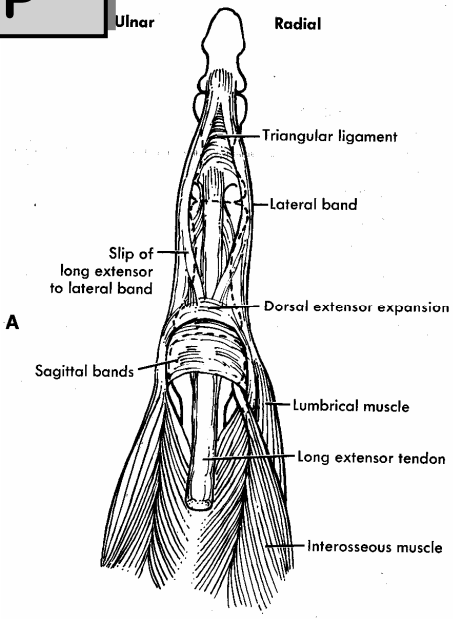


Volar plate needs to glide!!!!



Anatomy PIP-DIP

dorsal ligament system consists of only the extensor apparatus



Pip dislocation



**collateral
band injury**



**Collateral
ligament
rupture**

