

Session 5.4: Stiffness

Objectives:

1. Describe key differences in the anatomy of the MCPJ and PIPJ and the implications with regard to joint stiffness.
2. Discuss different causes of digital stiffness and how they may be differentiated on examination.
3. Demonstrate the safe position of hand immobilisation.
4. Discuss intra-operative and post-operative strategies that may be employed to minimise subsequent stiffness.

Primary Resources:

1. Hand-e: Examination and Aetiology of the Stiff Finger (11:53):
<https://www.assh.org/hande/s/watch?id=aBP0a000000LOezGAG>
2. Pulvertaft webinar: Avoiding Joint Stiffness in the Hand (1:08:40):
<https://pulvertafthandcentre.org.uk/derby-on-line-teaching-programme/derby-online-teaching-past-webinars-2020-2021-2022/>



<https://s.surveypplanet.com/bj9awbqq>