

REHABILITATION PROTOCOL:

EXTENSOR TENDON ZONE V, VI AND VIII

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3-5 days post op

- OT fabricate a custom P1 block orthosis
 - Wrist in 30 degrees of extension, MPs at neutral
 - Removable pan aspect of the orthosis that they will wear at nighttime
- PIP and DIP AROM exercises for their HEP

3 weeks post op

- Begin MCP AA/AROM with wrist in neutral
- Tenodesis exercises
- DIP and PIP PROM is now allowed

4 weeks post op

- Dynamic MCP flexion may be needed if ROM is still less than 50-60 degrees
- Continue P1 blocking splint
- Composite MCP/IP flexion with wrist extended

6-10 weeks post op

- Orthosis use is prn
- Mild progressing strengthening of wrist, digits and forearm

10-12 post op

- Strong resistance strengthening

**** Each patient will have a variety of outcomes. Treatment and protocol may differentiate due to severity of injury****