

REHABILITATION PROTOCOL:
EXTENSOR TENDON THUMB ZONE TI - TII
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7 days post op or after 1st MD follow up visit

- Fabricate a custom forearm based thumb spica splint to the tip of the thumb
 - Wrist in slight extension, thumb MCP and IP neutral and thumb radially abducted, IP joint may be slightly hyperextended
- Begin scar management following suture removal
- Begin edema management program
- Gentle active wrist flexion/extension and digit range of motion
- Gentle isolated thumb IP and MCP joint flexion and extension, avoiding combined IP/MCP joint flexion
 - Note: motion should be a “wobble”, avoid aggressive stretch/motion

3 Weeks post op

- Protected active motion of the thumb, beginning at 25-30 deg of motion and progressing weekly

4-5 Weeks post op

- Gentle PROM as needed
- Dynamic splinting as needed
- Cut down splint to hand based thumb spica if MD/therapist agree that patient is appropriate

6-8 Weeks post op

- Wean from orthosis, with continued use for high risk activities
- Initiate gentle strengthening of the wrist, digits and forearm

8-12 weeks post op

- Strong resistive strengthening
- Gradual return to resistive functional activity on a per patient basis

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