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## **REHABILITATION PROTOCOL:**

### **EXTENSOR TENDON THUMB ZONE TIII-TV**

**SAM FULLER, M.D.**

#### **5-7 days post op**

- Fabricate a custom FA based thumb spica to the tip
- Light AROM of the wrist
- Light isolated MP motion limited to 30 degrees
- Light isolated IP motion limited to 60 degrees

#### **3 weeks post op**

- Start composite MP and IP thumb no restrictions for ROM

#### **4-5 weeks post op**

- Dynamic MCP flexion may be needed if ROM is still less than 50-60 degrees
- Continue thumb spica
- Continue composite MCP/IP flexion

#### **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\*\***