

Rehabilitation Protocol: Extensor Tendon Repair - Zones II, III, IV

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Postoperative Rehab

- 3-5 Days post op: Bulky dressing removed: FA based pan splint with PIPs and DIPs in full extension for continual wear
- 10-14 days post op: Sutures removed and scar education/mobilization tech initiated
- 4 weeks: AROM initiated with emphasis on blocking the PIPs and DIPs, composite ROM exercises, and isolated IP extension with the MP joint blocked in flexion. Exercises completed 6-8x a day 10 min sessions.
 - 6 weeks: PROM are initiated to the digits assuming the extensor las is less than 10 degree
 - Splint is continued
- 7 weeks: Taping or dynamic flexion splinting may be initiated as needed to increase PROM. It is important to watch for the development of an extensor lag and reduce the dynamic splint if the lag develops
- 8 weeks: Splint is d/c during the day if no lag
 - Gentle strengthening initiated
- 9 weeks: Splint is d/c for night use

Considerations:

To ensure the patient maintains the MP joint in flexion while attempting the IP joint extension exercise, a MP blocking splint in flexion may be fabricated to isolate active IP joint extension.