

## **Rehabilitation Protocol: Extensor Tendon Repair – Zone 5**

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### **Postop Protocol:**

Eval/splint:

- Forearm P1 blocking splint (Dr. Ferlic may want dynamic splint. This means 30 degrees of MP flexion with passive extension. Make sure to look at order)
- Encourage DIP/DIP AROM in splint.
- Pt should have full PIP and DIP flexion by 4 weeks post/op

4 weeks: Allow gentle MP flexion with IP extension out of splint

6 weeks: Gentle composite flexion

8-12 weeks: Goal is full composite fist. Start strengthening if ordered per Dr. Ferlic