

# EXTENSOR TENDON REPAIR

## Zone II / Zone III / Zone IV

Dr. Widstrom

❖ **Schedule same day as MD**

Time Frame	Treatment	Goals
Post-Op Day:  Same day as MD	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Fabricate digital PIP joint extension gutter splint (DIP free)               <ul style="list-style-type: none"> <li>○ Wear splint continuously, remove for skin care while keeping PIP straight</li> </ul> </li> <li>• Instruct in edema management techniques</li> <li>• Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• Scar management</li> <li>• Orthosis wear and care</li> </ul>
Phase I:  4 weeks post-op	<ul style="list-style-type: none"> <li>• Adjust orthosis PRN</li> <li>• Instruct in gentle AROM, pain-free for PIP and DIP 4-6x/day</li> <li>• Continue wearing orthosis between exercises and at night</li> <li>• Use modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• HEP</li> <li>• Scar management</li> <li>• Edema Management</li> </ul>
Phase II :  6 weeks post-op	<ul style="list-style-type: none"> <li>• Discontinue wearing orthosis if directed by MD               <ul style="list-style-type: none"> <li>○ Continue wearing orthosis at night</li> <li>○ <b>If extension lag is present continue with orthosis</b></li> </ul> </li> <li>• May begin PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Update HEP</li> </ul>
Phase III:  7 weeks post-op	<ul style="list-style-type: none"> <li>• Can try buddy straps/taping or dynamic flexion to assist with ROM</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>
Phase IV:  8 weeks post-op	<ul style="list-style-type: none"> <li>• Begin gentle strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Progressive resistive exercise</li> </ul>