

Extensor Tendon Repair Zone VII/VIII

Dr. Widstrom

❖ **Schedule same day as doctor**

Time Frame	Treatment	Goals
Post-Op Day: Same day as Dr	<ul style="list-style-type: none"> ● Evaluate and Treat ● Fabricate forearm based wrist and MCP joint extension protection orthosis <ul style="list-style-type: none"> ○ Wrist placed in 20 degrees extension ○ MCP joints are placed in 10-15 degrees flexion ● Instruct in gentle pain free PIP/DIP flexion/extension exercises <ul style="list-style-type: none"> ○ Complete within constraints of orthosis ● Instruct in edema management ● Instruct in scar management techniques 	<ul style="list-style-type: none"> ● Edema management ● Orthosis fabrication and wear and care education ● Scar management ● Gentle PIP/DIP ROM
Phase I: 4.5 weeks post-op	<ul style="list-style-type: none"> ● Instruct in active range of motion: <ul style="list-style-type: none"> ○ Active wrist flexion/extension ○ Isolated EDC exercise ○ Isolated PIP/DIP flexion/extension ● Continue wearing orthosis in between exercises and at night 	<ul style="list-style-type: none"> ● ROM ● Scar management ● Edema Management
Phase II : 5 weeks post op	<ul style="list-style-type: none"> ● May use modalities as indicated <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated ● Continue wearing orthosis in between exercises and at night 	<ul style="list-style-type: none"> ● Scar management ● ROM
Phase III: 6 weeks post-op	<ul style="list-style-type: none"> ● Instruct in PROM ● May perform dynamic finger flexion <ul style="list-style-type: none"> ○ Splinting/taping as determined by physician ● Discontinue protective orthosis as determined by physician 	<ul style="list-style-type: none"> ● ROM ● Wean out of orthosis
Phase IV: 6-8 weeks post-op	<ul style="list-style-type: none"> ● Gentle PRE can be initiated to hand and wrist 	<ul style="list-style-type: none"> ● PRE ● ROM ● Scar management