

## Extensor Tendon Zone III/Zone IV Repair

**Dr. Staiger**

\*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Fabricate digital PIP joint extension gutter orthosis (DIP joint free, but may be included if appropriate/needed).               <ul style="list-style-type: none"> <li>○ Instruct in orthosis wearing schedule. Wear orthosis continuously. (Remove only to change dressing/stockinette sleeve) keeping PIP straight.</li> </ul> </li> <li>• Instruct in edema management techniques.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Scar management</li> <li>• Pain management</li> <li>• ROM of involved finger MP and DIP as well as with all joints of uninvolved fingers</li> </ul>
Phase II 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema, scar, and pain management</li> </ul>
Phase III 4 Weeks	<ul style="list-style-type: none"> <li>• Adjust orthosis as needed secondary to changes in swelling.</li> <li>• Continue wearing digital gutter protection orthosis between exercise sessions during the day and full time at night.</li> <li>• Instruct in gentle, pain-free active range of motion exercises to the PIP and DIP joints including IP joint blocking, composite flex, and IP extension with MPs blocked in flexion to be completed 6-8 times a day.</li> <li>• May use ultrasound:               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicate.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continued proper orthosis fit</li> <li>• ROM of entire involved finger</li> </ul>
Phase IV 6 Weeks	<ul style="list-style-type: none"> <li>• Continue wearing orthosis at night.</li> <li>• Instruct in passive range of motion provided extensor lag is 10° or less.</li> <li>• At 7 weeks post-op, if needed, therapist can try buddy taping to assist with range of motion or dynamic flexion splinting.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM of involved finger</li> </ul>
Phase V 8 Weeks	<ul style="list-style-type: none"> <li>• Discontinuation of orthosis to be determined by the physician.</li> <li>• If extensor lag is present, continue splinting.</li> <li>• Begin gentle strengthening.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>

