

Extensor Tendon Zone VI-VIII Repair

(Standard Protocol)

(Proximal to Juncturae of Tendinum)

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"> • Evaluate and Treat. • Fabricate forearm based wrist & MCP joint extension protection orthosis. <ul style="list-style-type: none"> ○ Place wrist in 20° extension and MCP joints in 10-15° flexion. • Instruct in edema control. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). | <ul style="list-style-type: none"> • Protection • Edema control • Scar management • Pain management |
| Phase II 4.5 Weeks | <ul style="list-style-type: none"> • Instruct in active range of motion exercises including: <ul style="list-style-type: none"> ○ Active wrist flexion/extension, ○ Tendon gliding, ○ Isolated EDC exercises (can use Velcro trappers to assist with MP flexion/extension),- Isolated PIP/DIP flexion/extension exercises. • Orthosis to be worn in between exercises and at night. | <ul style="list-style-type: none"> • ROM |
| Phase III 5 Weeks | <ul style="list-style-type: none"> • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Continue protection splinting between exercises during the day and at night. | <ul style="list-style-type: none"> • Continue improving ROM, edema control, and pain and scar management |
| Phase IV 6 Weeks | <ul style="list-style-type: none"> • Instruct in passive range of motion exercises. • May perform dynamic finger flexion splinting/taping. (To be determined by the physician). • Concentrate on reducing extrinsic tightness and monitor extension lag. | <ul style="list-style-type: none"> • Working towards functional ROM |
| Phase V 6-8 Weeks | <ul style="list-style-type: none"> • Gentle PRE can be initiated to hand and wrist. • Discontinue protection orthosis. (To be determined by the physician). | <ul style="list-style-type: none"> • PREs |