

Extensor Tendon Repair Rehab Protocol

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Early Mobilization

- Indications
 - Zone 5-8 (MP or proximal) with adjacent soft tissue disruption
- See Indiana Hand Manual, pages 75-76
- 3-5 days initial visit in therapy
- 10-14 days suture removal
- 4 weeks follow up in MD clinic
- 8 weeks follow up in MD clinic
- 12 weeks follow up in MD clinic

Standard Rehab

- Zone 2-4 (over P1, PIP, or P2)
 - Indiana Hand Manual page 65
- Zone 5-6 (over MP and metacarpals)
 - Indiana Hand Manual page 71 with following changes
 - At 3 weeks change to relative motion extension splint and work on AROM in splint
 - May sleep with initial extension splint
 - At 4 weeks begin wrist and MP active ROM out of splint
 - Wear splint between exercises
 - At 6 weeks start passive flexion exercises as needed to regain flexion
 - At 8 weeks may start strengthening
- Follow up same as above
- Zone 1 (terminal tendon repair)
 - Indiana Hand Manual page 64
 - 3 days postop placed into DIP extension splint/tip protector
 - 6 weeks postop pin removed if in place, start AROM

EPL Repair

- Indiana Hand Manual Page 77
 - 3-5 days post-op
 - Splint wrist 20 deg ext, Th IP slight hyperextension and anteposed
 - 10-14 days suture removal
 - 4 weeks begin AROM per manual
 - 6 weeks begin PROM per manual
 - 8 weeks follow up with MD