

Dr. Robert Wysocki

Extensor Tendon Repair – Zones II – IV (or chronic Boutonnière)

0 - 4 weeks:

Splint: Clamshell splint immobilizing the joint above and below the tendon injury is fashioned (except zone III central slip injury, which can immobilize PIP only). In the case of a boutonnière, if DIP flexion deformity is noted the DIP can be splinted in extension between exercises

Motion: Full unrestricted active and passive range of motion of all unsplinted joints is emphasized, especially DIP flexion in the setting of a central slip injury or boutonnière.

6 - 12 weeks:

At 6 weeks, passive motion of the affected digit (including PIP for boutonnière) is initiated and any MP stiffness or tendon adhesions are treated with E-stim and dynamic splinting. Progressive strengthening is initiated at eight weeks. Patient is expected to return to full duties at 12 weeks.

If flexion contracture begins to develop, or in the setting of chronic boutonnière, serial casting or serial extension splinting can be considered