

Dr. Robert Wysocki

Extensor Tendon Repair – Zones V - VII

0 - 4 weeks: At discretion of the therapist, options include

1) Dynamic Splint:

The wrist is maintained in 30 to 40 degrees of extension. Dynamic extension is applied to maintain the MP's and IP's in full extension allowing for flexion. There can be a flexion stop at MP 60 degrees.

2) Volar blocking Splint:

A volar splint in the position described above is used without a dynamic component, allowing active DIP/PIP flexion. Pt's are encouraged 3 times a day to passively obtain full extension of the PIP and DIP joints to prevent flexion contracture

3) Wendell-Merritt Splint:

A volar wrist splint holds the wrist in 30 to 40 degrees of extension. The patient is fitted with a separate hammock-type splint transversely across the proximal phalanges of the affected digit and it's two adjacent digits. The splint passes volar to the affected digit and dorsal to the two adjacent digits. This will hold the affected digit in relative extension, as full flexion and extension of all digits is allowed in the splint.

4 - 6 weeks:

Wrist component of splinting is discontinued.

6 - 12 weeks:

At 6 weeks, passive motion of the affected digit 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.