

Dr. Robert Wysocki

Digital Nerve Repair

0 - 2 weeks:

The postoperative dressing is removed.

Splint: A Dorsal Blocking Safe Position splint holding the MP joints in ____ degrees of flexion but allowing IP extension and flexion is constructed for continual wear. For repairs under increased tension, special instructions will be given for dorsal blocking of IP's.

Motion: Active Range of Motion and passive range of motion of all joints into FLEXION exercises are initiated each hour within the splint. Instructions and demonstration of Desensitization exercises are reviewed.

3 - 6 weeks:

Splint: The splint is adjusted to increase extension by 15 degrees each week until neutral is obtained, and then the splint is discontinued

6 weeks:

Splint: Extension splinting is initiated if there is a lag or slight flexion contracture.

Motion: Gentle active and Passive Range of Motion exercises are initiated for extension of the digit.

8 weeks:

Gentle strengthening is initiated using foam, putty, and a hand helper.

NOTE: Manual desensitization and sensory re-education are initiated as needed.