

## Dr. Robert Wysocki

### Tenolysis – Extensor (often with PIP Release)

#### 0 - 1 day:

A light dressing and edema control with coban on the fingers is applied as needed. Elevation is emphasized.

Splint: A Safe Position splint is fitted to be worn between exercises and at night.

Motion: Active and Passive Range of Motion exercises are initiated two to four times daily.

#### 3 - 5 days:

Splint: Taping and/or dynamic splinting may be initiated as needed to increase Passive Range of Motion.

Motion: Active and passive range of motion exercises are initiated 15 min/hr.

Functional Electrical Stimulation or Standard Electrical Stimulation may be initiated within 48 hours postoperatively as needed to assist in tendon excursion.

#### 6 weeks:

Gentle resistance may be initiated to the extensors using soft putty.

#### 12 weeks:

Return to unrestricted activities