

Dr. Robert Wysocki

Fowler Terminal Tenotomy

3 – 5 days:

Splint: The post-operative dressing is removed and patients are fitted with a gutter splint keeping the PIP and DIP joints in full extension between exercises

Motion: Immediate active and gentle passive motion of all digits is initiated with emphasis on composite digital flexion and full extension, 6-8 times per day for 10 minutes each session. Apply coban wrap or finger socks for edema control

0 - 4 weeks:

Splint: Continue above

Motion: Active and Passive Range of Motion exercises are continued. Scar massage and desensitization is initiated when stitches removed (10-14 days) if needed.

4 weeks: Reduce extension splint to only include DIP joint

6 weeks:

Splint: Begin weaning splint approximately 1-2 hours each day, planning for a wean over 10-14 days

Motion: Continue range of motion as above

8 weeks:

Splint is discontinued Progressive strengthening exercises are initiated. Return to light work duties is recommended without splinting.

12 weeks:

The patient returns to work with no restrictions and no further splinting.