ZONE V EXTENSOR TENDON REPAIR
ICAM Protocol

- Phase I (0-21 days)
  - Post-operative dressings removed and replaced with light dressings
  - Maintain wrist and digit in protected position during orthosis fabrication
  - Wrist extension orthosis –
    - 20-25 degrees of extension
  - Finger “yoke” orthosis –
    - Involved MP joint in 15-20 degrees greater extension relative to other digits
  - Active finger motion within limits of finger yoke orthosis
  - Wrist and finger orthoses at all times
  - Begin scar massage when sutures are removed
  - Edema reduction techniques
  - Patient education
    - Precautions
    - Purpose of orthoses and possible tendon rupture without full compliance
    - Anatomy of extensor tendons

- Phase II (22-35 days)
  - Continue finger yoke at all times
  - Wrist orthosis removed for active wrist range of motion
  - Use wrist orthosis while sleeping, and for medium to heavy activities

- Phase III (36-49 days)
  - Wrist orthosis discontinued
  - Finger yoke or buddy strap worn during activity