

## **ZONE V EXTENSOR TENDON REPAIR**

### **ICAM Protocol**

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#### **Important instructions following surgery:**

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 3 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- To avoid stiffness and finger swelling, do gentle range of motion with the fingers. A pulling sensation may be noted, this is normal after surgery.

#### **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