



Extensor Tendon Repair – Zone VII

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Weeks 0-2

- Remove post-op dressings
- Fabricate dynamic extension splint
 - Wrist in maximum extension
 - MP joints in full extension with dynamic traction
 - Allow MP joint flexion to 30 degrees, using volar block as needed for patient compliance
- Adjust splint to allow increased MP joint flexion by 10 degrees each week

Weeks 5-6

- Advance to composite digit flexion by 5 to 6 weeks
- Continue use of night splint as needed to prevent extensor lag
- Begin gentle strengthening at 6 weeks post-op