



Extensor Tendon Repair – Zones III and IV Central Slip Injury

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Weeks 0-3

- Fabricate dorsal and volar static PIP extension splint at first visit
- Allow DIP joint flexion
- Splint to be worn at all times
- No PIP joint range of motion
- Edema reduction techniques

Week 3

- Fabricate exercise template to allow PIP joint flexion to 30 degrees
- Do not allow active PIP joint extension. Patient should be instructed in passive extension only
- Continue DIP joint active flexion with splint on

Weeks 4-6

- Advance PIP joint flexion by 10 degrees each week

Week 6

- Wean from splint during day
- Begin full active PIP joint flexion
- Monitor carefully for extensor lag

Week 8

- Discontinue use of splint
- Advance home program to include strengthening
- Begin static-progressive flexion splint, with careful monitoring for extensor lag