



## Extensor Tendon Repair – Zones V and VI

Michael H. Johnson, MD

### Weeks 0-2

- Remove post-op dressings, maintaining wrist and digits in full extension at all times
- Fabricate thermoplastic static extension splint for night use
  - Wrist at 40 to 50 degrees extension
  - MP's at 0
  - IP joints free
- Begin active IP joint motion
- Begin passive MP joint hyperextension

### Week 3

- Begin gentle active MP joint flexion to 30 degrees, passive MP joint extension

### Weeks 4-6

- Advance MP joint flexion by 10 degrees each week
- At 6 weeks post-op, may begin to wean from use of splint during the day, with careful monitoring for extensor lag
- At 6 weeks post-op, may work on composite MP and IP joint active flexion

### Week 8

- Discontinue use of splint, unless extensor lag is present, and then static splint is used at night only
- Begin passive composite flexion of digits, combined with wrist flexion
- Begin strengthening program