

ZONES 5-7 AND EXTENSOR TENDON REPAIR (SINGLE TENDON)

For longitudinal extensor division no protective splintage is necessary. Start early gentle mobilisation.

Single/double extensor tendon repairs where there is no associated soft tissue damage should be left in POP for 3-4 weeks. IP joints may be left free in POP if desired by surgeon. These patients will not be mobilised until 3-4 weeks post-op, therefore no benefit in splint over POP.

POP slab:

Wrist 30 degree extension
MCP 70 degree flexion
IP joints 0 degree/ free

3-4 weeks post-op

Splintage – night splint if extension lag present
Exercise: Hourly full active flexion and extension
Wrist flexion and extension
Gentle tendon excursion exercises

Encourage light functional activities
Start gentle OT if necessary.

5 weeks post-op

Exercise: As above, but begin combined wrist and finger flexion/extension exercises
Begin gentle passive stretches as necessary
Increase functional activities

6 weeks post-op

If joint stiffness and/or tendon tethering is present, begin dynamic flexion splintage
Increase grip strength exercises
Continue scar management
Start resisted extension exercises