



# HAND THERAPY FOLLOWING EXTENSOR TENDON REPAIR

## 3 days following repair

Remove splint, evaluate wounds for infection, dehiscence

Create dynamic extension splint with flexion block

Wrist in 40 degrees extension

Flexion block position dependent on digit involved and number of tendons

Index or Long Finger: 30 degrees

Ring or Small Finger: 40 degrees

Thumb: CMC/MCP blocked at 0, IPJ at 60 degrees

Assess location and number of laceration/repair

If single tendon proximal to juncture: all adjacent MCPs included

If single tendon distal to juncture: allow adjacent MCPs to flex to 30 degrees more than injured tendon's MCP

If multiple tendons involved at any level: restrict all MCPs

Patient should flex to flexion block 20 times per hour when awake

## 2 weeks post op

Remove sutures

Begin passive or active flexion of PIP & DIP joints only while supervised by hand

Therapist while holding the wrist and MCP joints fully extended

## 4 weeks post op

Remove flexion block, continue to use dynamic extension splint

Create night-time resting splint with wrist extended 20 degrees, MCPs and

IPJs at zero degrees

Start active "hook first"

## 6 weeks post op

Start combined wrist and finger flexion

D/C dynamic extension splint

## 8 weeks post op

D/C resting splint

Allow resisted extension & full strengthening

## 12 weeks post op

Full strength attained

Activity unrestricted