

## Extensor Tendon Repair Zone V/VI (Proximal to Juncturae Tendinum)

Dr. Widstrom

❖ **Schedule same day as doctor**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day:  Same day as Dr	<ul style="list-style-type: none"> <li>● Evaluate and Treat</li> <li>● Fabricate forearm based wrist and MCP joint extension protection orthosis               <ul style="list-style-type: none"> <li>○ Wrist placed in 20 degrees extension</li> <li>○ MCP joints are placed in 10-15 degrees flexion</li> </ul> </li> <li>● Instruct in edema management</li> <li>● Instruct in scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>● Edema management</li> <li>● Orthosis fabrication and wear and care education</li> <li>● Scar management</li> </ul>
Phase I:  4.5 weeks post-op	<ul style="list-style-type: none"> <li>● Instruct in active range of motion:               <ul style="list-style-type: none"> <li>○ Active wrist flexion/extension</li> <li>○ Isolated EDC exercise</li> <li>○ Isolated PIP/DIP flexion/extension</li> </ul> </li> <li>● Continue wearing orthosis in between exercises and at night</li> </ul>	<ul style="list-style-type: none"> <li>● ROM</li> <li>● Scar management</li> <li>● Edema Management</li> </ul>
Phase II :  5 weeks post op	<ul style="list-style-type: none"> <li>● May use modalities as indicated               <ul style="list-style-type: none"> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated</li> </ul> </li> <li>● Continue wearing orthosis in between exercises and at night</li> </ul>	<ul style="list-style-type: none"> <li>● Scar management</li> <li>● ROM</li> </ul>
Phase III:  6 weeks post-op	<ul style="list-style-type: none"> <li>● Instruct in PROM               <ul style="list-style-type: none"> <li>○ Concentrate on reducing extrinsic tightness and monitor extension lag</li> </ul> </li> <li>● May perform dynamic finger flexion               <ul style="list-style-type: none"> <li>○ Splinting/taping as determined by physician</li> </ul> </li> <li>● Discontinue protective orthosis as determined by physician</li> </ul>	<ul style="list-style-type: none"> <li>● ROM, extrinsic tightness and ext lag</li> <li>● Scar management</li> <li>● Wean out of orthosis</li> </ul>
Phase IV:  7-8 weeks post-op	<ul style="list-style-type: none"> <li>● Gentle PRE can be initiated to hand and wrist</li> </ul>	<ul style="list-style-type: none"> <li>● PRE</li> <li>● ROM</li> <li>● Scar management</li> </ul>