

## Extensor Tendon Zone VI-VIII Repair

(Standard Protocol)

(Proximal to Juncturae of Tendinum)

**Dr. Staiger**

\*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Fabricate forearm based wrist &amp; MCP joint extension protection orthosis.               <ul style="list-style-type: none"> <li>○ Place wrist in 20° extension and MCP joints in 10-15° flexion.</li> </ul> </li> <li>• Instruct in edema control.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Scar management</li> <li>• Pain management</li> </ul>
Phase II 4.5 Weeks	<ul style="list-style-type: none"> <li>• Instruct in active range of motion exercises including:               <ul style="list-style-type: none"> <li>○ Active wrist flexion/extension,</li> <li>○ Tendon gliding,</li> <li>○ Isolated EDC exercises (can use Velcro trappers to assist with MP flexion/extension),- Isolated PIP/DIP flexion/extension exercises.</li> </ul> </li> <li>• Orthosis to be worn in between exercises and at night.</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>
Phase III 5 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> <li>• Continue protection splinting between exercises during the day and at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue improving ROM, edema control, and pain and scar management</li> </ul>
Phase IV 6 Weeks	<ul style="list-style-type: none"> <li>• Instruct in passive range of motion exercises.</li> <li>• May perform dynamic finger flexion splinting/taping. <b>(To be determined by the physician).</b></li> <li>• Concentrate on reducing extrinsic tightness and monitor extension lag.</li> </ul>	<ul style="list-style-type: none"> <li>• Working towards functional ROM</li> </ul>
Phase V 6-8 Weeks	<ul style="list-style-type: none"> <li>• Gentle PRE can be initiated to hand and wrist.</li> <li>• Discontinue protection orthosis. <b>(To be determined by the physician).</b></li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>