

Dr. Schmidt
Extensor Tendon Repair Zones 2-4
Lateral Band Repair

Phase 1 – Maximum Protection 3 days - 6 weeks

Goals for phase 1

- Immobilize and protect repair
- Initiate ROM of uninvolved joints while protecting repair
- Minimize risk of scar adhesions
- Pain and edema control

Other considerations

- Dressings to be removed for ROM exercises to ensure full motion during short arc motion exercises
- Patients with longitudinal extensor tendon repairs can begin AROM upon suture removal but the digit gutter splint is recommended between exercise sessions and at night as with other protocols

Splint

- Finger gutter splint with DIP and PIP in full extension to be worn at all times

Edema Management

- Light compression with edema glove, elevation and Manual Edema Mobilization (MEM) as needed

Wound Care

- Educate patient in dressing changes

Scar Management

- After 2 days of suture removal, initiate scar mobilization and apply scar remodeling products as needed

Lateral Band Repair

- Week 3: