

CENTRAL SLIP REPAIRS (WITH ASSOCIATED FRACTURES)

(Isolated central slip repairs to be treated with previous protocol)

At 24-48 hours patients need to have a gutter splint made, maintaining full extension at PIP and DIP joints.

Also need an exercise splint – a flexion block splint, to block PIP joint at limit of central slip excursion without tension (surgeon to state).

Hourly Exercise:

- X 5 active flexion/extension (isometric if repair fragile) up to flexion block splint.
- X 10 MCP joint flexion/extension
- X 10 DIP joint flexion/extension (may also need separate PIP joint extension gutter splint)

To use gutter splint at all other times.

Flexion to be increased at discretion of the surgeon.

At 4-6 weeks (if fracture stable) can use capner in day but continue with night splintage for 8-12 weeks.