ZONES 5-7 AND EXTENSOR TENDON REPAIR
(MULTIPLE TENDONS)

For longitudinal extensor division no protective splintage is necessary. Start early gentle mobilisation.

3-7 days Post Repair

Splintage
• Day - Outrigger fitted by OT. Block to MCP flexion, 30° week 1, 45° week 2, 60° week 3
• Night - MCPs, PIP and DIPs extended. Wrist in 30° extension

Exercise
• Hourly flexion in the outrigger of IP and MCP joints
• Ensure good excursion of extensor tendons

Scar management
• Ultrasound, silicone gel, massage, ice

2 weeks

Splintage – continue

Exercise – progress MCP active flexion to 45° with IP at 0°

3 weeks

Splintage – continue

Exercise - hourly composite flexion

4-8 weeks

Discard splintage, unless otherwise stated
• If lag persists continue with night splintage in extension
• If stiff may need to remove outrigger earlier at the discretion of the surgeon and therapist

Start Occupational Therapy for functional use and grip strength

Start wrist flexion/extension exercises

Gentle passive flexion stretches to extensor tendons and MCP joint as necessary

Start active extrinsic exercises

Splintage – dynamic flexion splint to MCP joint as necessary
Increase grip strength exercises

Continue scar management

Start resisted extension as necessary.