

## 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.