

## Extensor Tendon Repair

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

### Phase I: 0 - 6 weeks (physician directed)

#### Goals for Phase I:

1. Protect the tendon repair or graft
  2. Normal ROM of uninvolved joints
  3. Control swelling and pain
  4. Educate in proper use of dynamic splint
- A. Orthotics: Initially, patient is immobilized in a post-operative dressing, then the patient is transferred to a dynamic extension outrigger splint at first post op visit.
- B. ROM: Patient may perform *active and passive flexion and passive extension only*(No Active finger extension unless otherwise specified by physician on order). Passive finger flexion should be performed initially with wrist supported into passive extension, then progress to passive finger stretching with wrist in neutral extension (DIP, PIP, MP joints). Elastic bands on splint to pull patient into extension, patient to flex against resistance. Active/passive ROM to elbow and non-involved fingers. Wrist AROM/PROM may be performed if fingers are not flexed during end range wrist flexion.
- C. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
- D. Modalities: Utilize for pain, inflammation, swelling control,

### Phase II: 6 - 9 weeks

#### Goals for Phase II:

1. Functional active/passive ROM
  2. Functional hand strength
  3. Use of hand for ADL's with little to no pain
- A. Orthotics: Progressively discontinue use of outrigger, use wrist splint if physician orders after outrigger DC'd.
- B. ROM: Work to restore all active and passive ROM.
- C. Flexibility: Restore normal wrist and elbow flexibility.
- D. Strengthening: AROM, grip strengthening, PRE's etc.
- E. Functional activities: Use hand for ADL's, picking up small objects, etc.
- F. Soft tissue management: continue swelling control, scar massage, desensitization
- G. Modalities: Continue as needed

### Phase III: 9 - 12 weeks

#### Goals for Phase III:

1. Normal ROM
  2. Good hand strength
- A. ROM: Continue as needed
- B. Strengthening/conditioning: Increase as patient tolerates; free-weights, tubing etc.
- C. Functional activities: Progress towards work simulation and conditioning activities, lifting activities.

### Phase IV: 12 weeks to release

#### Goals for Phase IV:

1. Normal strength
  2. Discharge/release to full duty work and or sports
- A. Continue strengthening/conditioning/functional activities as needed