

Extensor Tendon Repair - Zone IV-VII
Immediate Controlled Active Motion (ICAM)
Dr. Michael Thomas Edgerton

***Deviations from protocol will be noted on script.**

3-5 Days Post Op

- Yoke splint (relative motion) is fabricated positioning MP joints of injured digit(s) in 10-15 degrees more extension than the uninjured digits. Splint is to be worn at all times.
- AROM exercises are initiated within splint.
- Instruct patient to complete passive IP extension of injured digit several times a day due to the natural flexed posturing at the IP joints within the splint.
- Scar massage/management to be initiated following suture removal
- Light use of hand is encouraged – no lifting or heavy use of the injured hand.

4 Weeks Post Op

- Full composite AROM exercises are initiated outside of splint.
- Splint is to be worn between exercise sessions and at night.

6 Weeks Post Op

- Yoke splint is discontinued.
- PROM exercises are initiated if needed.
- Strengthening exercises may be initiated for grip and pinch.

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