

Extensor Tendon Zone IV - VII

Relative Motion Protocol

Dr. Michael Thomas Edgerton

First MD follow up – 3 weeks post-op

Thermoplastic yoke splint (Relative Motion Extension Splint) is fabricated placing the repaired tendon(s) in approximately 15 – 20 degrees greater MCP extension than adjacent digits.

Thermoplastic wrist splint is fabricated that places the wrist in approximately 20-25 degrees extension.

Therapy goals: Recovery of full IP and MCP flexion and extension in the splint and in adjacent digits as soon as possible after repair.

3 weeks post-op – 6 weeks post-op

Wrist splint is discontinued 3 weeks post-op.

Continue wear of yoke relative motion extension splint through 6 weeks post op.

Pt is permitted to resume usual hand use within the restraints of the splint.

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Date