

## **ZONES 5-7 AND EXTENSOR TENDON REPAIR (SINGLE TENDON)**

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

Single/double extensor tendon repairs where there is no associated soft tissue damage should be left in POP for 3-4 weeks. IP joints may be left free in POP if desired by surgeon. These patients will not be mobilised until 3-4 weeks post-op, therefore no benefit in splint over POP.

### **POP slab:**

Wrist 30 degree extension  
MCP 70 degree flexion  
IP joints 0 degree/ free

### **3-4 weeks post-op**

Splintage – night splint if extension lag present  
Exercise: Hourly full active flexion and extension  
Wrist flexion and extension  
Gentle tendon excursion exercises

Encourage light functional activities  
Start gentle OT if necessary.

### **5 weeks post-op**

Exercise: As above, but begin combined wrist and finger flexion/extension exercises  
Begin gentle passive stretches as necessary  
Increase functional activities

### **6 weeks post-op**

If joint stiffness and/or tendon tethering is present, begin dynamic flexion splintage  
Increase grip strength exercises  
Continue scar management  
Start resisted extension exercises