



Thomas R. Hunt III, M.D., D.Sc.

**Extensor Tendon Repair  
Complex Tendon Injury—Zones V, VI and VII**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed. Integrate use of relative motion splints into this protocol (J Hand Surg Am. 2014;39(6):1187e1194.)

**3-5 Days to 3 Weeks Post Op**

Splint—dorsal dynamic forearm based extension splint

Wrist: 40 degrees extension

Dynamic: MP joints at 0 degrees

Volar block: MP joints to 30 degrees flexion

AROM—MP joint flex to volar block and rubber bands assist them to extension through reciprocal relaxation 5 times every 2 hours

Careful PROM to IP joints by OT only—other joints held in extension

**3.5-4 Weeks Post Op**

See AROM for specific zones

Daytime: Dynamic extension splint

Nighttime: Resting splint for 3 more weeks