

**Extensor Tendon Repair  
Zone III and IV**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

1-10 to 14 Days Post Op

Extension splint holding PIP at 0 degrees for 6 weeks—if lateral bands were repaired splint DIP at 0 degrees for 6 weeks

For late treatment of a traumatic Boutonniere deformity intermittent gentle traction to gain DIP flexion should be started.

Edema Control

Scar massage

If lateral bands were NOT repaired, initiate gentle DIP flexion

4 Weeks Post Op

Continue splinting  
Continue DIP motion if indicated

6 Weeks Post Op

Increase AROM flexion and extension  
Begin dynamic flexion splinting—if there is no lag and PIP joint flexion is not satisfactory

8 Weeks Post Op

Initiate joint blocking  
Begin grasping activities

9 Weeks Post Op

Increase vigor of flexion exercises

10 Weeks Post Op

Initiate resisted tasks and progress as indicated