



### **Extensor Tendon Repair Zones I and II**

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

#### 0-6 Weeks

Dorsal hyperextension splinting (\*See mallet finger splinting protocol\*)

#### 6-8 Weeks Post Op

Continue daytime protective splinting

Continue nighttime splinting

Scar massage—if post op patient

MP and PIP ROM

#### 10 Weeks Post Op

Discharge splinting PRN

DO NOT instruct in any exercises of the DIP. Allow motion to return via functional use of the hand.