

### **Sagittal Band Repair**

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.)

#### 2-3 Weeks Post Op

Patient will be casted

#### 3 Weeks Post Op

Splints

- Splint holding MP joints in slight flexion with IP joints free. Provide extra splint support to the side of the repaired sagittal band of the involved finger. Worn at all times except for exercise.
- Exercise splint—allowing for 30-35 degrees of MP flexion

Buddy tape the involved finger to the adjacent finger

AROM—IP motion

Scar management

#### 4 Weeks Post Op

Increase MP flexion to 40-45 degrees within the exercise splint

#### 5 Weeks Post Op

Increase MP flexion to 50-55 degrees within the exercise splint

#### 6 Weeks Post Op

Discharge splint

Continue with no heavy lifting or heavy activities