



EXTENSOR TENDON REPAIR Zone IV-VII

ICAM SPLINT

From: Howell JW, Merritt WH, Robinson SJ. Immediate controlled active motion following Zone 4-7 extensor tendon repair. J Hand Ther 2005, April – June, p. 182 – 190.

Phase I (0-21 days post-op)

- Fabricate volar wrist splint at 20-25 degrees of extension
- Fabricate finger 'yoke' to affected digit(s), in 15-20 degrees of MP hyperextension relative to the uninjured digit MP joints
- Both components are worn continuously
- Full active digit range of motion within limits of splint

Phase II (22- 35 days post-op)

- Continue yoke at all times
- Use both components for risky activities
- Begin 'tenodesis' exercises with wrist flexion and extension, allowing digits to relax with yoke on.
 - If no extension lag occurs, advance exercises to include composite wrist and digit flexion, always using yoke splint
 - When wrist motion is good, wrist splint should be discontinued for light-duty use.

Phase III (36-49 days post-op)

- Wrist splint is discontinued
- Continue finger yoke during activities
- To prepare for "yoke-off" activity: yoke is removed for AROM only
- Wean from yoke when full range of motion is achieved.