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(1902 - 1979)

Charles Brown, M.D.
(1917 - 2005)

Fred F. Teal, M.D.
Retired

Theodore J. Clarke, M.D.
Emeritus

Extensor Tendon Distal to MP Joint

Day 3

Change dressing protecting repair
Inspect/clean wound
Splint as follows:

- Mallet Finger – single digit splint, DIP in gentle hyperextension, PIP free. Be sure adequate proximal length to support DIP position and prevent slippage.
- Central Slip – single digit splint, PIP full extension, DIP free.
- Combined – single digit splint, PIP and DIP full extension.
- Proximal to PIP – hand-based single digit, MP 70 degrees, PIP and DIP full extension.

Therapy once weekly to inspect splint, observe for problems
Splint to be worn continuously, no exceptions
Patient instructed on cleaning while protecting repair

Week 6

Begin range of motion protocol
Splint to be worn while not doing therapy
Therapy 2 times weekly
Range of motion recorded weekly

Week 8

Continue range of motion protocol
Splint to be worn at night
Strengthening
Therapy 2 to 3 times weekly
Range of motion and strength recorded weekly

Therapy notes to physician for week 2, 6, 10 appointments including objective measurements noted above.