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Theodore J. Clarke, M.D.
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Extensor Tendon MP Joint or Proximal

Day 3

Dressing change
Inspect/clean wound
Splint – short arm splint, wrist 30 degrees extension
MP's 40 to 50 degrees flexion, IPs full extension unless otherwise noted. (If tendons frayed or repair otherwise felt tenuous, MPs full extension.) Splint must be worn at all times. Instruct the patient on cleansing while protecting repair
Therapy 1 time weekly for splint and wound check

Week 4

Begin gentle range of motion program, no passive motion.
Therapy 2 times weekly.
Wear splint at all times except while doing therapy.

Week 6

Begin more aggressive range of motion. May use resistance in flexion, but not resisted extension
Wear splint sleep/travel/crowds
Therapy 3 times weekly

Week 8

Passive range of motion if needed
Continue strengthening if needed
Therapy 2 to 3 times weekly. Discontinue if full range of motion of 80% strength
Discontinue splint