

Extensor Tendon Zone III Central Slip

Relative Motion Protocol

Dr. Michael Thomas Edgerton

First MD follow up – 6 weeks post op

Thermoplastic yoke splint (Relative Motion Flexion Splint) is fabricated placing the repaired tendon(s) in approximately 15 – 20 degrees greater MCP flexion than adjacent digits.

Pt is encouraged to move IP and MCP joints of the affected finger(s) as well as the adjacent digits within the splint with a goal of full active flexion and extension.

Formal therapy is typically needed to ensure full flexion and extension of digits.

Pt is permitted to resume usual hand use within the restraints of the splint.

Dr. Michael Thomas Edgerton

Date