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Extensor Tendon Transfer

0-4 Weeks:

Splint:

- Dynamic extension splint (worn 0-4 weeks)
 - Wrist 30 degrees extension
 - Dorsal outrigger with dynamic traction to the fingers tendon was transferred to MP joints held at 0 degrees(don't have to include adjacent fingers for protection of transfer as tendon weave is stronger than end to end repair)
 - No flexion block needed unless otherwise indicated by physician
 - *Modification: full digital gutter splints (for IF- SF) may be added for exercise in dynamic splint to improve excursion of transfer.*
- Resting hand splint: (worn at night and rest periods during the day)
 - Wrist 30 degrees extension
 - MP joints at 0 degrees
 - IP joints in slight cascade of flexion
 - At 4 weeks, splint can be modified to allow IP flexion (wrist 30 degrees, MPs at 0).

Motion:

AROM: (exercises performed in dynamic splint-active flexion with passive return to extension)

- Isolated MP flexion (may use digital gutter splints)
- Light composite flexion
- Joint blocking of the PIP and DIP joints and hook first with MP joints supported at 0 degrees
- Thumb- active IP flexion, passive extension

PROM:

- Isolated flexion/extension of DIP and PIP joints, with MP joints supported at 0 degrees



4- 6 Weeks:

Splint: continue as above

Motion:

- AROM: exercise performed out of the splint hourly
 - Isolated wrist flexion/extension
 - Isolated digit flexion/extension
 - Isolated MP extension with IPs taped into flexion
 - May initiate NMES (active electrode over the motor point of the transferred muscle)
 - At 5 weeks- add simultaneous wrist and digit composite active flexion RHS modified to a wrist and MP block splint (as above). This is worn in between exercise sessions and at night.

6-8 Weeks:

Splint: Protective splinting discontinued during this time frame if extensor lags less than 20 degrees, otherwise, may continue at night for up to 12 weeks.

Motion:

- AROM: As above
- PROM: May be initiated
 - At 6 weeks, isolated wrist flexion and isolated digit flexion
 - At 7 weeks, simultaneous wrist and digit flexion performed to resolve extrinsic extensor tightness. Monitor MP joint extensor lags
- Progressive strengthening for flexors and extensors when cleared by physician.

Please call with questions or concerns at the phone number above.