



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

Patrick Olson, M.D.

**Extensor Tendon Repair
Post-Operative Protocol**

Relative Motion Extension Splinting

Week 0-1	<ul style="list-style-type: none">• Post op extension splint
Weeks 1-4	<ul style="list-style-type: none">• Range of motion as tolerated in splint, no heavy lifting or heavy use with injured hand
Week 5	<ul style="list-style-type: none">• Discontinue splint (total splint time = 4 weeks), range of motion as tolerated• Nothing against resistance until 3 months post-op
3 Months	<ul style="list-style-type: none">• Unrestricted in all activities as tolerated