

Name _____
 Date _____
 Physician _____



proaxistherapy™

**Patient
Flow Sheet**

**EXTENSOR TENDON REPAIR
 ZONE 3 & 4
 (MALLET FINGER)**

- Day 1:** Post operative or non-surgical repair:
 Immobilize PIP to 0 degrees ext. 4-6 weeks, volar or circumferential splint.
 AROM unaffected/unsplinted joints.
(if lateral band repair): DIP splinted at 0 degrees ext. 4-6 weeks
(if no lateral band repair): DIP left unsplinted
- 3 1/2-4 weeks** If bone injury associated, consider with M.D. controlled passive motion of 25 degrees.
- 6 weeks** Gentle active flexion of involved joints.
 2 more weeks of splinting between exercises.
 Light to moderately resisted ADL's.
- 8 weeks** Normal ADL's