

Name _____

Date _____

Physician _____



proaxistherapy™

Patient Flow Sheet

EXTENSOR TENDON REPAIR ZONES 1&2 (DIP & PROX PHALANX) (MALLETT FINGER)

Immobilization

Day 1-Day 42 : Immobilize 6-8 weeks using stax, secure with coban, 0° degrees extension or slight hyperextension of DIP or fabricate splint.

Educate patient:

- uninterrupted extension.
- Removal of splint while maintaining extension on table to check skin.
- ROM of unaffected joints.
- Normal ADL's with splint on.

Weekly

Monitoring of skin and splint wear
Patient may not need to attend weekly if compliant.

Mobilization

Day 43: (1st week of mobilization)
If no extension lag: 20-25 degrees of active flexion of DIP.
10-20 reps every 2 hrs.
Continue splint between exercises.
If lag: re-splint 2 wks delay AROM

Week 8 (2nd week of mobilization)
If no lag: 35 degrees active flexion of DIP.
10-20 reps every 2 hrs.
Can make template to 35 degrees if patient overly ambitious.
Continue splint between exercises.
If lag: re-splint and delay AROM 2 more weeks

Week 9 If no lag:
45 degrees of active flexion.
Add prehension and coordination activities.
Desensitization may be necessary.
Continue splint between exercises.

Week 10-12 If no lag:
Continue increasing active flexion 10 degrees/week

Week 12 If no lag:
Full Active flexion of DIP allowed
D/C splint
Normal ADL's

If extensor lag, refer back to M.D.