

Name _____
 Date _____
 Physician _____



proaxistherapy™

**Patient
Flow Sheet**

**EXTENSOR TENDON REPAIR
 THUMB T1,T2, T3 & T4
 (MALLET FINGER)**

T1 "Mallet Thumb"

Non-Surgical Stax splint continuously for 8 weeks-remove splint only for skin checks while keeping IP joint in extension using table to place hand and slide off splint.
 Remove splint after 8 weeks and perform AROM blocking of IP with MP in extension.

Surgical Stax splint 5-6 weeks-remove splint only for skin checks while keeping IP joint in extension, using table to place hand and slide off splint.

T2 "Mallet Thumb"

Thumb post splint MP and IP joints at 0 degrees and radial ext of thumb.

4-5 weeks

Surgical or non-surgical AROM
 3+ weeks continue splint between exercise sessions
 Scar management if surgical

6-8 weeks

Continue to progress AROM
 Add blocking
 ADL's without resistance

8 weeks

ADL's normal