



Elbow Extensor Tendon Repair

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Exercises: 0 –3 weeks

- Flexion/extension of IPJ's over end of splint
- With splint off, MPJ flexion with IPJ's extended
- Scar massage – once wound healed. 5 minutes every hour
- Advise not to use hand for anything else other than the exercises shown.

Exercises: 3 - 5 weeks

- Commence 'place and hold' exercises
- Make ½ fist

Exercises: 5 - 6 weeks

- Continue all other exercises
- Aim for full fist by 6 weeks – this is a gradual process
- Start some strengthening work – again graded
- Fist – hook fist
- Flat fist – shelf position

Exercises: 6 - 7 weeks

- Wean off splint. To wear at night and 'at risk' times for next 10 days
- Full fist with overpressure. Sustained holds
- Can start light activities
- Not to lift anything heavier than a kettle

Exercises: 7 weeks +

8 weeks: Can consider driving (if has a good grip) but remember it is their responsibility to safely do so.

10 weeks: Can return to heavy work