

Lateral Band Repair

REHABILITATION PROTOCOL

Patient Name: _____ Date: _____

Diagnosis: _____

Surgery: _____ Surgery Date: _____

Post-Operative Rehabilitation

3-5 Days Postop

- The bulky compressive dressing is removed. A light compressive dressing is applied to the hand and forearm or a 3" elastic stockinette, along with fingersocks or Coban™.
- An extension gutter splint is fitted to the PIP and DIP joints for continuous wear.

10-14 days Postop

- Within 48 hours following suture removal, scar mobilization techniques may be initiated. Typically, this will include scar massage with lotion.
- The extension gutter splint is continued at all times.

3 Weeks Postop

- Unrestricted AROM exercises may be initiated to the digit.
- The gutter splint is continued between exercise sessions and at night.

4 Weeks Postop

- Active-assistive ROM exercises may be initiated in complement to the AROM exercises. Exercises may be performed 6 times a day for 5-10 minute sessions.

5 Weeks Postop

- PROM exercises are initiated so long as an extension lag is not present.
- The gutter splint is continued at night and with lifting activities. It is discontinued during the day for normal activities.

6 Weeks Postop

- The gutter splint is discontinued altogether.

Results

- Typically, the patients achieve excellent flexion and extension of the digit within 3 weeks of initiating therapy. The course of therapy is routinely uneventful.