

DIGITAL NERVE REPAIR

Pt is seen 1 x week unless complications develop.

WEEK 1

-Fabricate hand-based dorsal blocking splint with the MP's in 45 degrees of flexion and the PIPJ in 20 degrees of flexion.

-If the digital nerve requires greater tension upon the repair, increase the amount of flexion of the dorsal block.

-Semmes Weinstein testing within first 1-2 visits

-Initiate edema management with massage and coban.

-Initiate active range of motion as well as passive flexion within the limits of the dorsal blocking splint (10-15 repetitions at each joint, six times per day).

WEEK 2

-Increase extension of involved PIPJ to 10 degrees of flexion and the MP's by 10 degrees each week.

Continue the above program and add scar management with a scar mold, coban and massage to the incision area.

WEEK 3

-Continue protocol

WEEK 4

-Adjust PIPJ to 0 degrees extension

-Continue wear of the dorsal blocking splint until 6 weeks post-op

-Continue all range of motion exercises.

-Continue scar and edema management.

WEEK 6

-Discontinue splint and continue all range of motion exercises

-Initiate passive extension exercises. May initiate extension splinting if needed.

-Initiate gentle resistive exercise

- May initiate continuous ultrasound for scarring
- Initiate sensory retraining to the digital nerve if protective sensation is noted.
- Continue scar management.
- Final Semmes-Weinstein for DC as needed.

8 Weeks post-op

- Progressive strengthening
- Progress to home exercise program

PERIODIC REASSESSMENT OF SENSORY RETURN WITH SEMMES WEINSTEIN MONOFILAMENTS.

Revised Date 1/2012