



Digital Nerve Repair Therapy Instructions Laith Al-Shihabi, MD

2-4 weeks

Splint:

- Fashion a short-arm dorsal blocking splint holding the wrist in neutral, MP joints of the injured fingers in 50 degrees of flexion, and IP joints in extension.
- Wear splint full-time.
- Starting at 3 weeks, gradually increase MP joint extension by 15 degrees weekly.
- Splint can be converted to hand-based only at 4 weeks.

Motion:

- Begin active flexion and extension range of motion exercises within the splint, and passive flexion exercises.
- AROM and AAROM should be performed hourly within the splint at home.

Edema Control:

Edema modalities per therapist.

4-8 weeks

Initiate manual desensitization and sensory re-education as needed.

Splint:

- Discontinue use of the dorsal blocking splint.
- Finger extension splinting can be started if there is an extension lag or flexion contracture.

Motion:

- Begin passive extension and continue AROM/AAROM to the fingers.
- Begin gentle strengthening at 6 weeks.
- Transition to home program at 6-8 weeks.

Edema Control:

Per therapist.