

# **MIKE FOSTER**

## **Hand Wrist and Elbow**

### **Extensor Tenolysis**

#### **Problem**

- The extensor tendons are stuck down and do not glide.

#### **Cause**

- Adhesions have formed between the tendon and underlying bone or metalware. This usually occurs after trauma.

#### **Diagnosis**

- There is a lack of active extension, ie – patient's arm muscle power
- The fingers can usually be passively extended, lifted by other hand or by therapist.
- X-rays should confirm that underlying fractures have healed, and presence of metalware.

#### **Treatment**

- Hand therapy will usually make gains up to three months post initial injury/surgery.
- If no further progress is being made, surgery is recommended.
- Surgery – GA – Day Surgery
  - Removal of contributing metalware.
  - Division of adhesions by surgical dissection.

#### **Potential Complications**

- Infection, haematoma, neurovascular injury
- Inability to remove all metalware
- Further stiffening and adhesions

#### **Post Op Care**

- Light Dressings
- Early hand therapy to push active and passive range of motion, for up to three months.