

## Assignment #5

### EXTENSOR EXTRAVAGANZA

- What are the six extensor dorsal compartments?

1. APL + EPB
2. ECRL + ECRB
3. ~~EDC + EI~~ EPL
4. EDC + EIP
5. EDM
6. ECU

- What structure does the EPL utilize as an anatomical pulley?

Listers tubercle

- Why is this a concern area for rupture?

If radius fx's, it will cause the EPL to rub along fx and rupture EPL alters bone mechanics

- What disease process can cause spontaneous rupture, particularly of extensors?

RA

- What are the typical rupture tendons?

EDC of the 4th + 5th digits

- Name the extensor tendon zones and locations:

1. Zone 1 - IP joint of thumb
2. Zone 2 - Proximal phalanx of thumb
3. Zone 3 - MP joint of thumb
4. Zone 4 - thumb MP to 1st web space
5. Zone 5 - extensor retinaculum

#### Digit Zone

- Zone 1 - DIP UP
- Zone 2 - DIP - PIP (P2)
- Zone 3 - central slip
- Zone 4 - P1
- Zone 5 - sagittal bands (MP)
- Zone 6 - distal to extensor retinaculum
- Zone 7 - extensor retinaculum (over w)
- Zone 8 - proximal to extensor retinaculum

- Name the compression syndrome typical of the first dorsal compartment.

dequarvains

- Name the syndrome involving the irritation between the ~~first~~<sup>2nd</sup> and third dorsal compartments.

Intersection syndrome

- How can one test for tendonitis of the 2<sup>nd</sup> or 6<sup>th</sup> dorsal compartments?

MMT wrist extension

- What denotes a positive test?

pain

- Does the EDC have one or multiple muscle bellies?

one

- What makes a person with one EDC tendon ruptured sometimes still able to extend...it is due to existence of what structure?

juncturae tendinae - interconnections b/t EDC tendons

- Repair of the extensor tendon is typically referred when?

2-3 weeks

- What type of motion is initiated initially, be specific?

isolated active flexion  $\bar{c}$  other joints extended

- What type of splint is fabricated?

volar based extension splint

forearm

to

- For each of the following scenarios, circle what would be included:

Digital level: IP/MP/wrist  $\rightarrow$  nowrist

MP level: IP/MP/wrist

Dorsal hand: IP/MP/wrist

Wrist level: IP/MP/wrist

- When is the splint reduced?

3-4 weeks

- What is the second progression in ROM exercises and when is it initiated?

3 ~~weeks~~ weeks active comp. flexion

- What is the third progression in ROM exercises and when is it initiated?

(4+) 4-5 weeks passive ~~comp~~ flexion

- When is strengthening initiated?

5-6 weeks



- All of the above protocol time frames are based on a hand surgeon performing the repair, if it is a general orthopaedist or plastic MD how much would you delay the protocol?

1 week

- Which is more frequent re-ruptured, extensors or flexors? flexors

- Name the following extensors:

Thumb MP: extensor pollicis brevis

Thumb IP: extensor pollicis longus

Individualized IF: extensor indicis

Individualized SF: extensor digiti minimi