

# A prospective review of three extensor tendon rehabilitation regimes for zones V-VI

<b>Submission date</b> 12/09/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 12/09/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 20/10/2010	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N0143118853

## Study information

**Scientific Title**

**Study objectives**

To review the results obtained from three rehabilitation regimes following extensor tendon injury and repair in zones V-VI.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Other

**Health condition(s) or problem(s) studied**

Musculoskeletal Diseases: Tendon injury

**Interventions**

Randomised controlled investigation to standardise rehabilitation after four weeks repair using three different regimes for the four weeks treatment.

1. Volar splint immobilising the wrist in extension and the metacarpophalangeal (MCP), proximal interphalangeal (PIP) and distal interphalangeal (DIP) joints immobilised in a neutral (extended) position (Newport et al 1990)
2. Wrist and MCP joints immobilised in a volar splint allowing controlled mobilisation of the PIP and DIP joints (Dargan 1969, Slater et al 1997)
3. A static volar splint with wrist extended, MCP joints flexed and PIP and DIP joints flexed. The patient carries out controlled extension exercises from the splint (Sylaidas et al 1997).

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Baseline data for the hand therapy team to try and standardise the rehabilitation for this group.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/07/2004

**Eligibility**

**Key inclusion criteria**

From a group of 60 patients attending the hand therapy unit after undergoing extensor tendon repair in zones V-VI.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/11/2002

**Date of final enrolment**

31/07/2004

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre****Physiotherapy**

Northwood, Middlesex

United Kingdom

HA6 2RN

**Sponsor information****Organisation**

Department of Health (UK)

# Funder(s)

## Funder type

Government

## Funder Name

West Hertfordshire Hospitals NHS Trust (UK)

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/05/2005		Yes	No