
Learning Objectives

MedBridge

Extensor Tendon Rehabilitation Update: Zones III–IV

Jeanine Beasley, EdD, OTR, CHT, FAOTA

Course Objectives:

- Identify the specific digit extensor tendons present at zones (III–IV)
- Select an orthosis based on the current literature for therapeutic management of a swan neck deformity
- Be able to report how the short arc motion (SAM) protocol at Zone III and IV can prevent tendon adherence