# **Immobilisation Periods for Hand Injuries**

**Flexor tendon repairs:**

* zones 1, 2 & 3 – 6 weeks
* zones 4 & 5 – 3 weeks

**Extensor tendon repairs:**

* zone 1, 2 & 3 – 6-8 weeks (if open zone 1 injury-8 weeks splintage)
* zones 5, 6 & 7 – 3 weeks

**Fractured fingers** 3 - 6 weeks if being managed conservatively

**Crush injury** 48 hours

**Dupuytren’s Contracture** release 48 hours – 1 week

**Peripheral Nerve Injury** at surgeons discretion

**Replanted finger / hand** at surgeons discretion

**Trapeziectomy** 3-5 weeks