

Tendon Disruption

Without intervention, permanent damage to the central slip of the extensor mechanism may result. The massively burned hand should be splinted in the position opposite the expected deformity and elevated to encourage the reabsorption of edema fluids. If the burn trauma has shredded the central slip of the common extensor or if positioning is delayed, the central slip will rupture, creating the classic **boutonnière** deformity. The extensor to the PIP joint is lost and the lateral bands shift below the axis of rotation to become flexors of the PIP joint rather than extensors — holding the PIP joint in flexion and the DIP joint in hyperextension.

The deformity can be prevented by:

- protecting the integrity of the extensor mechanism
- prohibiting flexion of the IP joints
- proper positioning
- elevation for reabsorption of edema fluids

