

## FPL Tendon Repair

(Standard)

Dr. Staiger

\*Schedule OT 3-5 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 3-5	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Fabricate a custom forearm-based dorsal blocking orthosis (L3808) with wrist neutral, MP 15°, IP 30° flexion.               <ul style="list-style-type: none"> <li>○ Wear at all times.</li> </ul> </li> <li>• Instruct the client on importance of no use of hand at this time.</li> <li>• Instruct in edema control.</li> <li>• Instruct in MP, IP, and composite passive flexion/extension within dorsal blocking orthosis 5-10X every waking hour.</li> <li>• See 1-2 times a week.</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Incision healing</li> <li>• Pain management</li> <li>• PROM</li> </ul>
Phase II Day 10-14	<ul style="list-style-type: none"> <li>• Same day as M.D. appointment.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 6 weeks post-op).               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 6 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control and pain and scar management</li> </ul>
Phase IV 4 Weeks	<ul style="list-style-type: none"> <li>• Begin thumb gentle AROM/AAROM.</li> <li>• Begin active wrist extension exercises.</li> <li>• Continue passive flexion and scar massage.</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>

Phase V 5-6 Weeks	<ul style="list-style-type: none"> <li>• Begin composite wrist and finger extension active range of motion.</li> <li>• Begin isolated blocking exercises of IP and MP joints into flexion/extension.</li> <li>• Continue active/passive thumb flexion exercises.</li> <li>• Continue active thumb extension exercises.</li> <li>• Dorsal blocking orthosis is usually discontinued at 6 weeks post-op, depending on doctor's orders.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase VI 7 Weeks	<ul style="list-style-type: none"> <li>• If stiffness remains, begin passive extension of wrist/thumb.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued progression towards functional ROM</li> </ul>
Phase VII 8 Weeks	<ul style="list-style-type: none"> <li>• Begin gentle grip strengthening.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>
12 Weeks	<p>* Usually client may return to normal activities without restrictions</p>	