

Flexor 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"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Fabricate a custom forearm-based dorsal blocking orthosis (L3808) with wrist neutral, MPs 50°, IPs full extension. <ul style="list-style-type: none"> ○ Wear at all times. • Instruct the client on importance of no use of hand at this time. • Instruct in edema control. • Instruct in passive flexion/active extension within dorsal blocking orthosis 5-10x every waking hour. • See 1-2 times a week. 	<ul style="list-style-type: none"> • Protection • Edema control • Incision healing • Pain management • PROM
Phase II Day 10-14	<ul style="list-style-type: none"> • Same day as M.D. appointment. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Scar management
Phase III 3.5 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 6 weeks post-op). <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 6 weeks. • Begin gentle AROM up to 1/3-1/2 fist. 	<ul style="list-style-type: none"> • Continued edema control and pain and scar management • Gentle Limited finger AROM
Phase IV 4 Weeks	<ul style="list-style-type: none"> • Begin active wrist extension to 30°. • Begin tendon gliding exercises with wrist in 30° extension. • Continue passive flexion and scar massage. 	<ul style="list-style-type: none"> • Gentle limited wrist AROM • Working towards functional finger ROM
Phase V 6 Weeks	<ul style="list-style-type: none"> • Begin composite wrist and finger extension active range of motion. • Begin isolated blocking exercises of DIP and PIP joints into flexion (this is usually not recommended for the small finger due to increase chance of rupture). • Dorsal blocking orthosis is usually discontinued at 6 weeks depending on doctor's orders. 	<ul style="list-style-type: none"> • Functional ROM

Phase VI 7 Weeks	<ul style="list-style-type: none">• If needed, begin passive extension of wrist/fingers.	<ul style="list-style-type: none">• Functional ROM
Phase VII 8 Weeks	<ul style="list-style-type: none">• Begin gentle grip strengthening.	<ul style="list-style-type: none">• PREs
12 Weeks	<p>* Usually client may return to normal activities without restrictions</p>	