

## Tenolysis

**Dr. Staiger**

\*Schedule OT 1 day post-op.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 2-5	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Instruct in wound care.</li> <li>• Instruct in AROM and AAROM including tendon gliding exercises.</li> <li>• Instruct in PROM exercises as tolerated.</li> <li>• Instruct in edema management techniques.</li> <li>• Typically, no orthosis is needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Wound/Incision care</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II 10-14 Days	<ul style="list-style-type: none"> <li>• Continue with above exercises.</li> <li>• Begin joint blocking for PIP and DIP joint flex and AAROM exercises.</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> <li>• Progression of ROM</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>• Instruct in fisting exercise using a foam sponge or light resistance putty provided the incision is completely healed.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continuation of edema control and pain and scar management</li> <li>• Very gentle strengthening</li> </ul>
Phase IV 4 Weeks	<ul style="list-style-type: none"> <li>• Continue with active range of motion exercises and scar management techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase V 6 Weeks	<ul style="list-style-type: none"> <li>• May advance grip strengthening exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>