

Flexor Tendon Repair

Dr. Widstrom

❖ Schedule 3-5 days post-op

Time Frame	Treatment	Goals
Post-Op Day: 3-5 days post-op	<ul style="list-style-type: none"> ● Evaluate and Treat ● Fabricate dorsal blocking splint <ul style="list-style-type: none"> ○ Wrist placed in 30 degrees flexion ○ MCP's placed in 50 degrees flexion ○ IP's full extension ● Instruct patient on importance of no use of hand ● Instruct in edema management ● Instruct in PROM flexion /AROM extension within dorsal blocking every hour ● See 1-2x/week as indicated 	<ul style="list-style-type: none"> ● Edema management ● Orthosis fabrication and wear and care education ● PROM flexion/AROM extension
Phase I: 10-14 days post-op	<ul style="list-style-type: none"> ● Same day as MD ● Instruct in scar management techniques 	<ul style="list-style-type: none"> ● PROM flexion/AROM extension Scar management ● Edema management ● Scar management
Phase II : 3.5 weeks post op	<ul style="list-style-type: none"> ● May use modalities as indicated <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated ● Begin place and holds 	<ul style="list-style-type: none"> ● Scar management ● Edema management ● ROM ● Update HEP with place and holds
Phase III: 4 weeks post-op	<ul style="list-style-type: none"> ● Begin active wrist extension to neutral ● Begin tendon gliding exercises with wrist in neutral ● Continue with PROM flexion/AROM extension 	<ul style="list-style-type: none"> ● PROM flexion/AROM extension ● Update HEP ● Scar massage
Phase IV: 6 weeks post-op	<ul style="list-style-type: none"> ● Begin composite wrist and finger extension AROM ● Begin isolated blocking exercises for DIP/PIP flexion <ul style="list-style-type: none"> ○ Not typically recommended for small finger d/t increased chance of rupture ● Begin ultrasound if not started prior ● Discontinue dorsal blocking if order by MD <ul style="list-style-type: none"> ○ No forceful gripping 	<ul style="list-style-type: none"> ● ROM ● Scar management ● Update HEP ● Wean out of brace

Phase V: 7 weeks post-op	<ul style="list-style-type: none"> • Begin PROM wrist/finger extension 	<ul style="list-style-type: none"> • ROM • Scar massage
Phase VI: 8 weeks post-op	<ul style="list-style-type: none"> • Begin gentle grip strengthening 	<ul style="list-style-type: none"> • PRE • Scar massage • ROM
Phase VII: 12 weeks post-op	<ul style="list-style-type: none"> • Usually patient returns to normal activities with no restrictions 	