

Pulley Repair-Reconstruction

Dr. Widstrom

❖ Schedule OT 2-5 days post-op

Time Frame	Treatment	Goals
Post-Op Day: 2-5 days post-op	<ul style="list-style-type: none"> • Evaluate and Treat • Dressing Change • Instruct in edema management • Fabricate Pulley ring orthosis to wear at all times • Instruct in general tendon gliding exercises <ul style="list-style-type: none"> ○ Orthosis must be worn at all times with exercises 	<ul style="list-style-type: none"> • Edema management • HEP • Orthosis wear and care education
Phase I: 10-14days post op	<ul style="list-style-type: none"> • Instruct in scar management techniques • Continue ROM • With manual pressure over pulley patient can do more aggressive joint flexion • Continue edema management 	<ul style="list-style-type: none"> • ROM • Update HEP • Scar management • Edema Management
Phase II : 4 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 at 4 weeks post-op 	<ul style="list-style-type: none"> • Scar management • ROM
Phase III: 6 weeks post-op	<ul style="list-style-type: none"> • Begin gentle grip strengthening and advance as pain allows 	<ul style="list-style-type: none"> • Scar management • ROM • Gentle PRE