

## Pulley Repair/Reconstruction

**Dr. Staiger**

\*Schedule OT 2-5 days 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 edema management techniques.</li> <li>• Fabricate pulley ring orthosis to wear at all times.</li> <li>• Instruct in tendon gliding exercises (client must wear orthosis while completing exercises).</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II Day 10-14	<ul style="list-style-type: none"> <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> <li>• Continue with ROM.</li> <li>• With manual pressure over pulley can do more aggressive joint flexion (3 point force).</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>• 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>• Continue edema control and pain and scar management</li> </ul>
Phase IV 4 Weeks	<ul style="list-style-type: none"> <li>• Passive ROM may be performed to IPs while providing support to the pulley site.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase V	<ul style="list-style-type: none"> <li>• Begin gentle grip strengthening and advance as pain allows.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>