



## Flexor Tendon Repair Zone I

### Therapy Instructions

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#### **3-5 days**

Therapy is started to focus on recovery of motion. In addition, a removable dorsal blocking splint is fashioned.

#### Splint:

- Fashion a short-arm dorsal blocking splint with the wrist in 20 degrees of flexion, all MCPs in 50 degrees flexion, and IPs in full extension.
- Fashion a separate finger splint for each repaired digit holding the DIP in 45 degrees of flexion.

#### Motion:

Therapy visits should be scheduled for 3-4 sessions per week. Home exercises should be performed 15-20 times per hour, every hour while awake.

Home exercise program.

1. Passive DIP flexion to 75 degrees.
2. Passive composite digit flexion.
3. Passive hook fist with MPs extended to only 30 degrees.
4. Active PIP extension while wearing finger splint and holding MP blocked in flexion.
5. Using dorsal blocking splint, with unaffected digits held in place using the distal strap perform PIP place-and-hold.
6. Passive followed by active wrist extension to limits of splint.

During therapy visits perform above plus:

1. Active wrist extension with fingers flexed (out of splint).
2. Passive wrist flexion with passive hook fist.

Avoid: Passive finger and wrist extension, active DIP flexion.

#### Edema Control:

Coban, digit sleeves, ACE wrap, edema modalities per therapist.

#### **3-5 weeks**

#### Splint:

- At 3 weeks, discontinue DIP flexion splint and remold dorsal blocking splint to a neutral wrist.
- At 4 weeks, cut back the blocking splint to be hand-based only and allow wrist extension.

#### Motion:

- Continue home exercises as above.
- At week 3, initiate place-and-hold in hook, straight, and full fist positions.
- At week 4, initiate DIP blocking exercises and active tendon gliding in all three fist positions.
- Light prehensile activities (e.g. writing) can be started at 4 weeks during therapy. These can then be incorporated in to the home exercise program at 5 weeks.

## **6-8 weeks**

### Splint:

- Discontinue splint use during the day at 6 weeks. Continue with use of the splint at night until 10 weeks.
- Ok to utilize static progressive splints to regain motion if needed.

### Motion:

- Blocking exercises for DIP/PIP flexion can be initiated.
- Lifting restriction up to a glass of water at 8 weeks.

### Edema Control:

Per therapist.

## **8-10+ weeks**

### Splint:

- Discontinue use of splint at night at 10 weeks.

### Motion:

- Transition to home exercise program at 8-10 weeks.
- Begin gentle strengthening at 8 weeks.
- 5 lbs lifting restriction at 10 weeks.
- 10-15lbs lifting restriction at 12 weeks.
- No restrictions at 14+ weeks.