



Flexor Tendon Repair Zone II-V Therapy Instructions Laith Al-Shihabi, MD

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.

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 composite full fist
2. Passive DIP extension with MCP and PIP in flexion
3. Active PIP/DIP extension with MPs blocked in flexion
4. Passive DIP flexion and active extension
5. Passive PIP flexion and active extension
6. Isolated FDS glide of unaffected fingers
7. Passive wrist flexion, followed by active extension within splint

During therapy visits perform above plus:

1. Active wrist extension with fingers flexed (out of splint)
2. Passive wrist flexion with passive hook fisting
3. Place-and-hold digit flexion with the wrist in hook, straight, and full-fist positions. ***Only if cleared for early active motion***

Avoid: Passive wrist and finger extension.

Edema Control:

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

3-5 weeks

Splint:

- At 3 weeks, may begin serial static PIP extension splinting at night if required.
- 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 4, initiate active digital flexion and extension with the wrist extended in hook, straight, and full-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.

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.