

Flexor Tendon Repair

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0 - 6 weeks (physician directed)

Goals for Phase I:

1. Protect the tendon repair or graft
 2. Normal ROM of uninvolved joints
 3. Control swelling and pain
 4. Educate in proper use of dynamic splint
- A. Orthotics: First 1-2 weeks, patient is in post-operative dressing, then transferred to dynamic cobra splint at first post op visit.
- B. ROM: Patient may perform *active and passive extension and passive flexion only*. May be aggressive with passive flexion. Passive extension of fingers should not exceed 0 degrees with wrist in neutral extension. Begin finger extension passive stretching with wrist supported in passive flexion, then progress to stretching fingers into extension with wrist in neutral. Rubber bands on splint to pull patient into flexion, patient to extend against resistance. Active/passive ROM to elbow, wrist, and uninvolved fingers. Focus on good PIP motion.
- C. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
- D. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase II: 6 - 9 weeks

Goals for Phase II:

1. Functional ROM (Pulp-palm distance to 0)
 2. Functional hand strength
 3. Use of hand for ADL's with little to no pain
- A. Orthotics: Progressively discontinue use of cobra splint, use wrist splint or night flexion glove as needed.
- B. ROM: Work to restore all active and passive ROM.
- C. Flexibility: Restore normal wrist and elbow flexibility.
- D. Strengthening: AROM, gentle grip strengthening, finger extension PRE's.
- E. Functional activities: Use hand for ADL's, picking up small objects, etc.
- F. Soft tissue management: continue swelling control, scar massage, desensitization
- G. Modalities: Continue PRN

Phase III: 9 - 12 weeks

Goals for Phase III:

1. Normal ROM
 2. Good hand strength
 3. Begin work and sports activities
- A. ROM: Continue as needed
- B. Strengthening/conditioning: PRE's, grip strengthening, free-weights, tubing etc.
- C. Functional activities: Specific job skills, lifting activities, sports related drills etc.

Phase IV: 12 weeks to release

Goals for Phase IV:

1. Normal strength
 2. Discharge/release to full duty work and or sports
- A. Continue strengthening/conditioning/functional activities as needed