


 REHABILITATION GUIDELINES
FLEXOR TENDON PROTOCOL

0-3.5 WEEKS POST-OP

DOS:

Fabricate a dorsal blocking splint at 20° wrist flexion, 60° MCP flexion; IPJs in full extension (neutral). Attach fingernail to elastic traction component to volar portion of the splint, then provide distal attachment (allowing as much FDP and FDS excursion as possible). Adjust tension to allow active finger(s) extension to the dorsal splint. Dynamic component should allow full finger flexion when finger is relaxed.

Exercise: 10 reps of full finger extension, passive flexion, within the splint, every waking hour. Hourly PASSIVE DIP, PIP, and composite flexion, 10 reps each.

Night position: Fingertip attachments should be released, to allow fingers to a relaxed position, within the dorsal blocking splint.

Provide edema control techniques as necessary.

Scar massage techniques once sutures are removed. Cica care as necessary.

3.5 WEEKS

DATE:

Initiate active flexion exercises, unless specifically directed otherwise by physician. All active flexion to be within splint. No active PIP or DIP blocking. No prolonged pull into flexion (tight fist, or pulling into fist against significant edema)

Fingernail traction released at night with Velcro strapping used to secure digit(s) to the dorsal portion of the splint (ie, PIP and DIP extension).

4 WEEKS

DATE:

Modify dorsal blocking splint to 0° wrist extension, 40° MCP flexion.

Exercises:

At 4 to 4.5 weeks, active motion **outside** the splint (10-20 reps, 4-8 x/day) may be initiated, to include: Wrist and finger flexion, followed by wrist/finger extension to 0°. Place-n-hold fist ex.

Full active fist

Hook fist

Full fist with full wrist flexion and extension.

Dorsal blocking splint continued at all other times.

5 WEEKS

DATE:

Add active finger extension with active wrist extension. Continue splint when not performing exercises

6 WEEKS

DATE:

Discontinue dorsal blocking splint. Initiate resting hand pan splint if extension is needed. Buddy tape as necessary to prevent heavy use.

Blocking exercises to PIP and DIP as necessary (*exception: no blocking to small finger*)

8 WEEKS

DATE:

Progressive strengthening. Start with sponge squeezes, work up through putty. No heavy hand use or sustained heavy grip until 14-16 weeks.