FLEXOR TENDON PROTOCOL (BIENZ)
Zones I, II, and III

Post Op to 3-1/2 weeks, DOS:____________________
Fabricate a dorsal blocking splint at 20º wrist flexion, 60º 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.

At 3.5 weeks, Begin 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, Begin Date:______________
Modify dorsal blocking splint to 0º wrist extension, 40º 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 0º. 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, Begin Date:______________
Add active finger extension with active wrist extension. Continue splint when not performing exercises.

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

Updated: 5/5/16