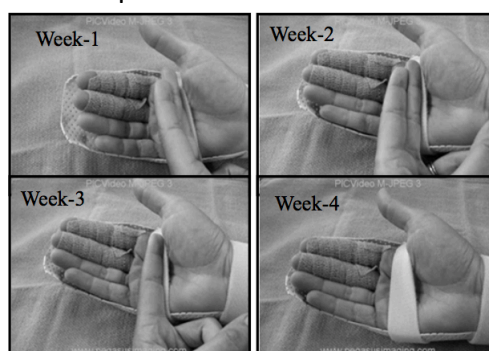


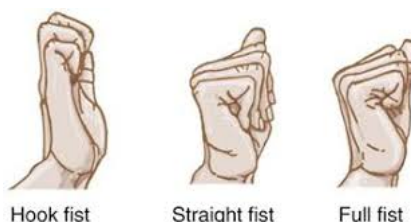
FLEXOR TENDON REPAIR PROTOCOL

Please correlate rehab plan with operation note for patient specific post-operative plan base on intra-operative findings. This may vary pending quality of tendon, number of core repair, epitendinous reinforcement and associated nerve repair under tension.

- 0-3 weeks
 - Resting slab from theatre for first 3-5 days to allow oedema and pain to settle to minimise tendon drag prior to initiating below range of motion exercises
 - Thermoplastic dorsal blocking splint
 - Wrist neutral
 - MCPJ in 45 degrees of flexion (unless otherwise specified in op notes)
 - IPJ in full extension
 - Exercises within above splint
 - Passive composite full fist
 - Passive DIPJ and PIPJ flexion and active extension up to splint
 - Passive (or gravity assisted) wrist flexion, followed by active extension up to splint
 - Active PIPJ and DIPJ flexion to three finger width (of other hand) in first week, two finger width in second week, one finger width in third week, to distal palmar crease in fourth week (HULC technique)

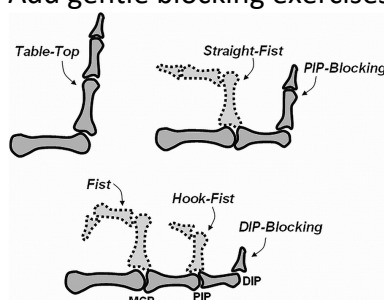


- Therapist guided exercises in clinic
 - Remove splint: passive wrist extension with fingers passively held in flexed position
 - Place and hold digital flexion with wrist in neutral (hook fist, straight fist, full fist) - ensure only performed with gentle tension and without any pain



- Oedema control, wound/scar and pain management
- Precautions
 - No passive finger extension beyond extent of splint
 - No functional use of involved hand
- At week 3
 - May add serial static PIP extension splints at night if required with MCPJ positioned in splint as above (for flexion contracture of IPJs)
 - Continue place and hold digital flexion exercises as above but now with wrist in extension - ensure only performed with gentle tension
- At week 4
 - Convert splint to hand based dorsal blocking splint to allow active wrist range of motion
 - Initiate active, non-resistive digital flexion and extension in all three fist positions with wrist extended within splint

- At week 6
 - Wean out of splint
 - Add gentle blocking exercises for DIPJ and PIPJ active flexion



- After week 6
 - Add dynamic PIPJ extension splinting as required (for residual flexion contractures)
 - Light prehensile activity at home
- After week 8
 - Gradually add resistive exercises
 - Functional use of hand but consider strength, motion and sensory demand of task
- Follow-up appointment:
 - 2 weeks clinic for wound check
 - 6 weeks clinic with Mr Francis Ting
 - 12 weeks clinic with Mr Francis Ting