

FLEXOR TENDON REPAIR POST-OP INSTRUCTIONS

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Instructions

- ✓ Elevate your arm for the next 48 to 72 hours to reduce swelling.
- ✓ Wear the provided sling only until your nerve block has worn off
- ✓ Stay in your splint until follow-up
- ✓ **Do not** use the hand or wrist to push up from a chair, bed, etc. or lift anything

Dressing

- ✓ Keep your dressing clean and dry. Cover for washing until it is removed in the office at your follow-up appointment

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication. If no pain medication was prescribed or you wish to avoid taking prescription medication, you may use Tylenol or an NSAID (i.e. Motrin, Advil, Aleve). Follow the instructions for use on the bottle.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 4-5 days from surgery. We will fit you for a custom splint and initiate therapy at this time.
- ✓ Sutures will be removed at 10-14 days from surgery.

Additional instructions

FLEXOR TENDON REPAIR THERAPY PROTOCOL

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Tendon Healing Overview

- ✓ Tendon repair is a delicate surgery. The repair can only tolerate a limited amount of tension during the healing process. Too much tension will lead to repair failure.
- ✓ Repaired tendons usually take 12 weeks to be strong enough to handle functional activities. Expect normal use of the hand / finger at 14-15 weeks from the surgery.
- ✓ Therapy and exercises will progress gradually as the tendon heals and becomes stronger and less likely to rupture.

Splint:

Thermoplast / Orthoplast dorsal blocking splint

Wrist at 10-20 deg flexion, MP 70-80 deg flexion, PIP / DIP 0

Weeks 0-3: Goals – Manage swelling, heal incision, prevent early stiffness, protect repair

Passive flexion ← → Active extension *in splint*

Active-assisted tenodesis place and hold *out of splint*

Active mid-range finger motion *out of splint*

Active PIP/DIP joint extension with MCP joint held flexed *out of splint*

Weeks 4-8: Goal - full ROM by week 8

Initiate blocking exercises: *out of splint*

Independent FDP motion

Independent FDS motion

Hook fist

Weeks 9-12: Goal – Strengthening in preparation for return to activity

Gradual strengthening at the discretion of the therapist

Weeks 12+ Return to specific activity when motion and strength has been restored