



1830 FRANKLIN STREET, SUITE 450  
DENVER, COLORADO 80218

Phone: 303-321-1333  
Toll Free: 888-900-1333  
FAX: 303-321-0620  
www.western-ortho.com

James C. Holmes, M.D.  
General Orthopaedics  
Sports Medicine  
Surgery of Knee

Timothy J. Birney, M.D.  
General Orthopaedics  
Spinal Surgery

Ted Parks, M.D.  
General Orthopaedics  
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Kevin K. Nagamani, M.D.  
General Orthopaedics  
Foot and Ankle

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General Orthopaedics  
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General Orthopaedics  
Sports Medicine  
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.  
Hand Surgery

Valerie C. Suleski, M.A.  
Practice Administrator

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Foster Matchett, M.D.  
(1902 - 1979)

Charles Brown, M.D.  
(1917 - 2005)

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

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## Flexor Tendon Protocol

### Day 3

Change dressing  
Clean and inspect wounds  
Instruct patient on necessity of protecting repair  
Apply Kleinert Splint, wrist in 30 degrees flexion, MCP's in 70-80 degrees flexion, IP's in 180 degrees extension. All digits with sewing hooks glued to nails  
Instruct patient on range of motion program: passive flexion, MP's and IP's to maximum 10 times per hour, actively extend to confines of splint and allow rubber bands to flex digits  
Patient seen 2 times weekly to monitor range of motion; physician notified if undue extension deficit

### Week 4

Begin active range of motion out of splint, NO RESISTANCE  
Patient extends to level of comfort, flexes without resistance  
Maintain passive flexion exercise to maintain joint mobility  
Wrist position of splint gradually brought to neutral over 2 weeks  
Patient wears splint at all times except for therapy

### Week 6

May begin gentle assisted joint extension with all other joints off loaded  
Therapy 2 to 3 times weekly

### Week 8

Begin progressive resistance program  
NO strength testing  
May begin blocking exercises

### Week 12

May begin strength testing with Dynamometer