



*Excellence in
Orthopaedic Surgery
Since 1993*

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Occupational Therapy Services

Post Op Care

Flexor Tendon Repair Zone I to III

3 Days Post- Op:

- Remove bulky dressing.
- Design custom dorsal blocking orthotic to wear at all times. Wrist in approx. 20 deg flexion, MPs at tolerance up to 70 deg flexion, PIPs/DIPs in extension. Perform Passive flexion and extension to DIP/PIP/composite flexion. Passive flexion, active extension to hood of orthotic.

10-14 Days Post-Op:

- Sutures are removed, start scar massage. Use of scar pad at night under orthotic.
- Continue PROM exercises within orthotic.

3 ½ Weeks Post-Op:

- Continue PROM exercises within orthotic.
- Initiate active flexion and extension exercises within the orthotic.

4 Weeks Post-Op:

- NMES can be initiated, US if scar is dense.
- Continue PROM as well as active flexion and extension within the orthotic.

4 ½ Weeks Post-Op:

- Can start removing dorsal blocking orthotic to begin AROM exercises outside of the orthotic.
- Initiate wrist and finger flexion as well as wrist and finger extension. Composite fist with MP ext with IPs flexed followed by IP ext. Can do composite fist with wrist extension and flexion. Tendon glides.
- Continue dorsal blocking orthotic between exercise sessions and at night.

5 ½ Weeks Post-Op:

- Discontinue dorsal blocking orthotic. May want to check with surgeon for extenuating circumstances.
- Continue exercises as mentioned above.
- Buddy taping/strapping for day use to help protect the digits.
- No tight sustained grip since that can increase risk of rupture.
- Extension orthotic if have limited PIP extension.

6 Weeks Post-Op:

- Initiate passive extension exercises. Include blocking exercises except for the small finger.
- May want to consider dynamic ext orthotic if there is a flexion contracture of the PIP jt.

8 Weeks Post-Op:

- Initiate strengthening with putty or hand exerciser. Progress to hand weights.
- No heavy use of the hand is allowed at this time.

10-12 Weeks Post-Op:

- Able to start using the hand in all activities of daily living (ADLs).

14-16 Weeks Post-Op:

- Able to start heavy, weighted resistance to hand and UE.