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## **Flexor Tendon Repair - Duran (Passive Motion)**

**Early phase 3-5 days:** The postoperative dressing is removed. A light dressing and edema control are applied as needed.

**Splint:** A full dorsal blocking splint is fitted to the wrist and digits for controlling wear in the following position: Wrist: 20 degrees flexion, MCP's: 45 degrees, PIP/DIP: full extension

**Motion:** Controlled passive mobilization is initiated 2 x day with the splint on as follows: 8 repetitions of passive flexion and active extension of the PIP joint, 8 repetitions of passive flexion and active extension of the DIP joint.

### **4 weeks:**

**Splint:** The same dorsal blocking splint

**Motion:** The splint is removed every 2 hours for the following exercises: 10 repetitions of active flexion and extension of the wrist, 10 repetitions of active flexion and extension of the digits. avoiding simultaneous wrist and digit extension. FDS gliding also may be added to improve tendon gliding. Passive exercises are continued as needed.

The dorsal blocking splint is re-applied, electrical stimulation of the muscle may be used with the splint on, to increase tendon excursion.

### **6 weeks:**

**Splint:** The dorsal blocking splint is discontinued.

**Motion:** Active exercises are done hourly as follows: 12 repetitions of PIP blocking, 12 repetitions of DIP blocking, 12 repetitions of active composite flexion and extension. Continue passive flexion as needed. Passive extension exercises are initiated to the wrist and digits. Dynamic extension splinting may be applied as indicated.



**8 weeks:**

Gentle strengthening is initiated beginning with foam, then putty and hand helper. Light grasping is allowed. No lifting or heavy use of the hand is allowed.

**12 weeks:**

Gradual return to heavier lifting with full use of hand and sports by 14 weeks

Please call with questions or concerns at the phone number above.