



ORLANDO HAND SURGERY ASSOCIATES
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Lateral Band Tenodesis/FDS Tenodesis

POD 1:

Splint: A dorsal extension block splint is applied in 20 degrees of PIP flexion. Edema control is essential

Motion: Full active and passive flexion within the splint is allowed.

3 Weeks:

Splint: Change the extension block splint to 5 degrees.

Motion: Continue motion as above

6 weeks:

Splint: Discontinue splinting

Motion: Unrestricted PROM and AROM

8-10 Weeks: Patient can begin sporting/work activities using buddy straps until 12 weeks

12 Weeks: Full, unrestricted activities with no orthosis or buddy straps

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