

**REHABILITATION PROTOCOL:
FLEXOR TENDON REPAIR ZONE I-V (EARLY AROM)**

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Postoperative rehabilitation

3-5 days postop

- Dorsal Blocking Orthosis
 - Wrist at neutral
 - MPs at 50 degrees of flexion
 - IPs fully extended
 - Early AROM with half fist while in orthosis

Weeks 1-4

- Complete all exercise while in the dorsal blocking splint
 - perform partial AROM flexion 15 reps 4-6 times a day
 - PROM with flexion and extension of PIP and DIP joints
 - Passive tenodesis with active hold is performed in therapy
 - only until patient is able to perform exercise safely in clinic can they complete this at home out of orthosis (closer to 4 weeks post op)

Week 4

- Remove orthosis hourly for AROM of digits and tenodesis exercises
- Continue use of dorsal blocking orthosis

Week 6

- Discontinue dorsal blocking orthosis
- Begin blocking and passive extension exercises
- Night extension orthotics if needed for composite extension

Week 8-12

- Gradual progressive strengthening as needed for return to ADL and work tasks

**** Each patient will have a variety of outcomes. Treatment and protocol may differentiate due to severity of injury****