

Zone 1 Flexor Tendon Repair Protocol

Zone 1, FDP Flexor Tendon Repair Protocol

Week	Splint	Therapeutic Exercise	Precautions	Other
0-3 weeks	<p>Forearm based dorsal block splint with wrist at 30 degrees of flexion, MP's at 30 degrees of flexion and IP's fully extended.</p> <p>Separate finger splint of repaired digits holding DIP in 45 degrees of flexion (taped onto finger proximal to DIP crease).</p> <p>This positions the FDP tendon repair proximal to the skin incision, and counteracts the effect of the oblique retinacular ligament.</p> <p>Note: Splint is the same, with or without a suture button (tendon repaired to tendon or repaired to bone).</p>	<p>Home exercise program:</p> <ol style="list-style-type: none"> 1. Passive DIP flexion to 75 degrees 2. Passive composite digit flexion 3. Passive modified hook fist (MP's extended only to 30 degrees). 4. Block MP in full flexion and actively extend PIP, keeping repaired digit in DIP splint. 5. Use distal strap to hold unaffected digits in extension against splint. Place/hold repaired finger in PIP flexion (to glide FDS only). 6. Passive (or gravity assisted) wrist flexion, followed by active wrist extension to limits of splint. <p>Therapist performs with patient in clinic:</p> <ol style="list-style-type: none"> 1. Passive wrist extension with fingers flexed (splinted removed) 2. Passive wrist flexion with passive hook fisting to prevent intrinsic tightness 	<p>No active DIP flexion of involved digits.</p> <p>No active wrist flexion.</p> <p>No passive finger extension, except as noted above.</p>	