

FPL Tendon Repair (Standard)

Dr. Staiger

*Schedule OT 3-5 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 3-5	<ul style="list-style-type: none"> ● Evaluate and Treat. ● Dressing change and check for signs/symptoms of infection. ● Fabricate dorsal blocking orthosis. Wrist 20°, MP 15°, IP 30° extension. <ul style="list-style-type: none"> ○ Wear at all times. ● Instruct the client on importance of no use of hand at this time. ● Instruct in edema control. ● Instruct in MP, IP, and composite passive flexion/extension within dorsal blocking orthosis 5-10X every waking hour. ● See 1-2 times a week. 	<ul style="list-style-type: none"> ● Protection ● Edema control ● Incision healing ● Pain management ● PROM
Phase II Day 10-14	<ul style="list-style-type: none"> ● Same day as M.D. appointment. ● Instruct in scar management techniques (to begin once incision is healed). ● Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> ● Scar management
Phase III 3 Weeks	<ul style="list-style-type: none"> ● May use modalities as indicated (ultrasound typically not done until 6 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 6 weeks. 	<ul style="list-style-type: none"> ● Continued edema control and pain and scar management
Phase IV 4 Weeks	<ul style="list-style-type: none"> ● Begin thumb gentle AROM/AAROM. ● Begin active wrist extension exercises. ● Begin active thumb flexion and extension exercises. ● Continue passive flexion and scar massage. 	<ul style="list-style-type: none"> ● ROM
Phase V 5-6 Weeks	<ul style="list-style-type: none"> ● Begin composite wrist and finger extension active range of motion. ● Begin isolated blocking exercises of IP and MP joints into flexion/extension. ● Continue active/passive thumb flexion exercises. ● Continue active thumb extension exercises. ● Dorsal blocking orthosis is usually discontinued at 6 weeks post-op, depending on doctor's orders. 	<ul style="list-style-type: none"> ● Functional ROM

Phase VI 7 Weeks	<ul style="list-style-type: none"> • If stiffness remains, begin passive extension of wrist/thumb. 	<ul style="list-style-type: none"> • Continued progression towards functional ROM
Phase VII 8 Weeks	<ul style="list-style-type: none"> • Begin gentle grip strengthening. 	<ul style="list-style-type: none"> • PREs
12 Weeks	<p>* Usually client may return to normal activities without restrictions</p>	