

Pulley Repair/Reconstruction

Dr. Staiger

*Schedule OT 2-5 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 2-5	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Instruct in edema management techniques. • Fabricate pulley ring orthosis to wear at all times. • Instruct in tendon gliding exercises (client must wear orthosis while completing exercises). 	<ul style="list-style-type: none"> • Protection • Edema control • Pain management • ROM
Phase II Day 10-14	<ul style="list-style-type: none"> • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Continue with ROM. • With manual pressure over pulley can do more aggressive joint flexion (3 point force). 	<ul style="list-style-type: none"> • Scar management • Progression of ROM
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> • Continue edema control and pain and scar management
Phase IV 4 Weeks	<ul style="list-style-type: none"> • Passive ROM may be performed to IPs while providing support to the pulley site. 	<ul style="list-style-type: none"> • Functional ROM
Phase V	<ul style="list-style-type: none"> • Begin gentle grip strengthening and advance as pain allows. 	<ul style="list-style-type: none"> • PREs