

Tenolysis

Dr. Staiger

*Schedule OT 1 day post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Instruct in wound care. • Instruct in AROM and AAROM including tendon gliding exercises. • Instruct in PROM exercises as tolerated. • Instruct in edema management techniques. • Typically, no orthosis is needed. 	<ul style="list-style-type: none"> • Edema control • Wound/Incision care • Pain management • ROM
Phase II 10-14 Days	<ul style="list-style-type: none"> • Continue with above exercises. • Begin joint blocking for PIP and DIP joint flex and AAROM exercises. • 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 • Progression of ROM
Phase III 3 Weeks	<ul style="list-style-type: none"> • Instruct in fisting exercise using a foam sponge or light resistance putty provided the incision is completely healed. • 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"> • Continuation of edema control and pain and scar management • Very gentle strengthening
Phase IV 4 Weeks	<ul style="list-style-type: none"> • Continue with active range of motion exercises and scar management techniques. 	<ul style="list-style-type: none"> • Functional ROM
Phase V 6 Weeks	<ul style="list-style-type: none"> • May advance grip strengthening exercises. 	<ul style="list-style-type: none"> • PREs