

Tenolysis

Dr. Widstrom

❖ Schedule OT 1-2 days post-op

Time Frame	Treatment	Goals
Post-Op Day: 1-2 days post-op	<ul style="list-style-type: none"> • Evaluate and Treat • Remove surgical dressing • Instruct in incision care • Instruct in AROM, PROM and tendon gliding • Instruct in edema management • Typically no orthosis needed 	<ul style="list-style-type: none"> • Edema management • HEP • ROM • Incision care
Phase I: 10-14 days post-op	<ul style="list-style-type: none"> • Continue with HEP • Begin joint blocking for PIP and DIP joint flexion and AAROM • Instruct in scar management techniques 	<ul style="list-style-type: none"> • ROM • Scar management • Update HEP • Edema management
Phase II : 3 weeks post-op	<ul style="list-style-type: none"> • Instruct in fisting exercises with light resistive putty excises as long as incision is healed • May use modalities as indicated <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide ○ US not typically started until 4 weeks post-op unless order by MD 	<ul style="list-style-type: none"> • Update HEP • Scar management • Edema management
Phase III: 4 weeks post-op	<ul style="list-style-type: none"> • Continue with HEP • Continue with scar management techniques • May advance grip strengthening exercises 	<ul style="list-style-type: none"> • PRE • Scar management