FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
Initial 3 Weeks Postop

The following therapy program has been custom designed for you. It is extremely important to perform each exercise as outlined to maximize function over the next 3 months.

- Wear your dorsal blocking splint at all times. It must be worn to protect your tendon repair(s) and minimize the risk of tendon rupture.
- Perform the following exercises each 2 hours (on the even hours) during the day. Do not sleep more than 6-8 hours without completing an exercise session.
- Complete 10 repetitions of each exercise slowly, with long stretches at the end-range (5 seconds).

With your opposite hand, bend and straighten the tip of your finger.

With your opposite hand, bend and straighten the middle knuckle.

With your opposite hand, bend and straighten all of your fingers together.

With your opposite hand, bend and straighten your entire finger.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
Initial 3 Weeks Postop

Additional Instruction

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Patient Education

- Use your opposite hand for the exercises.
- Do not remove your splint. Failure to wear your splint could risk tendon rupture.
- Do not attempt to make a fist on your own muscle power at this early stage in your therapy. You could rupture your tendon repair.
- It is recommended that you do not drive while wearing splints or while on pain medication.
- Keep your stitches dry. Do not apply any ointments or lotions to the wound.
- Once your stitches are removed, you may begin scar massage with lotion (in your splint) 2 days later (assuming your wound is completely healed).

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FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
3 Weeks Postop

Congratulations… you have reached the 3-week point in your therapy program! Your tendon is stronger, which allows you to begin gentle active motion (on your own muscle power).

Outlined below is your three week therapy program.

- Perform the following exercises within your splint each 2 hours during the day (even hours of the day).
- Complete 10 repetitions of each exercise, pausing for 3-5 seconds at the end-range with both bending and straightening.

With your opposite hand, bend and straighten the tip of your finger.

With your opposite hand, bend and straighten the middle knuckle.

With your opposite hand, bend and straighten your entire finger.

Fully bend your fingers with your opposite hand. Make a light fist. Slowly remove your hand, maintaining a fist on your own muscle power. Lastly, straighten your fingers.

IN THREE DAYS...
Within your splint and on your own muscle power, bend and straighten your fingers.

Remove your splint. With your forearm on the tabletop and your palm facing you, fully bend your fingers with your opposite hand. Next, while keeping the tips bent, gently bring the back knuckles to the tabletop. Reapply your splint.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
3 Weeks Postop

Additional Instruction

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Patient Education

- Wear your splint at all times! It is protecting your tendon repair.
- Be sure to limber up with the passive exercises before performing the light active exercises. This helps reduce the resistance on your tendon repair(s).
- Do not make a tight fist with your hand or pinch your thumb against the splint.
- Perform scar massage with lotion 3 times a day, for 1-2 minutes.

You have already finished three weeks of home exercises. You are 1/3 of the way through your therapy program! The next three weeks are extremely important. As scar tissue is forming, we need to ensure regular intervals of gentle exercise for tendon gliding.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
4 Weeks Postop

Congratulations… you have reached the 4-week point in your therapy program! Your tendon continues to gradually strengthen and your new exercises will begin outside of your protective splint.

Outlined below is your new four week program.

- Perform the following exercises each 2 hours during the day (even hours of the day).
- Complete 10 repetitions of each exercise – slow motion, long stretches (5 seconds).

While wearing your splint, bend your fingers into a fist with your opposite hand.
Gently let go and keep your fingers bent on your own muscle power.
Straighten your fingers.

While wearing your splint, make a fist on your own muscle power.
Straighten your fingers on your own muscle power.

While wearing your splint, bend your fingers into a fist with your opposite hand.
Straighten your fingers with your opposite hand.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
4 Weeks Postop (continued)

- Remove your splint. Bend your wrist forward. -
- Bend your wrist back. -
- On your own muscle power make a fist. -
- Gently straighten your fingers. -
- With your opposite hand, bend your fingers into a fist. -
- While keeping the tips bent, bring the back knuckles to the tabletop. -
- Gently let go and maintain this position on your own muscle power for 5 seconds.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
4 Weeks Postop (continued)

Additional Instruction

Patient Education

- Continue to wear your protective splint between exercise sessions and at night.
- Do not make a tight fist with your hand or firmly pinch your thumb against the splint.
- Perform scar massage with lotion 3 times a day, for 1-2 minutes.

You have now finished four weeks of home exercises. The next two weeks remain extremely important. Your tendon continues to heal. Keeping your fingers moving and the tendon gliding on a regular basis is essential. Keep up the good work! Thank you for your commitment to your recovery.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
6 Weeks Postop

Congratulations… you have reached the 6-week point in your therapy program! You are more than halfway through your rehab program. Your splint is discontinued at this time.

Outlined below is your six week therapy program:

- Perform the following exercises each 2 hours during the day (a waking hours of the day).
- Complete 10 repetitions of each exercise – slowly.
- Keep your wrist back (extended) when performing these exercises.

With your opposite hand, bend your fingers into a fist. Gently let go and keep your fingers bent on your own muscle power.

Straighten your fingers.

On your own muscle power make a fist and fully straighten your fingers.

On your own muscle power make a fist.

While keeping the fingertips bent, straighten your back knuckles.

Finish with straightening your fingers.
FLEXOR TENDON REPAIR – FINGERS

Indiana PASSIVE Motion Program
6 Weeks Postop (continued)

Isolate the individual finger by holding the three other fingers straight with your opposite hand. Bend and straighten your finger.

With your back knuckle supported and bent forward, gently bend and straighten your middle knuckle. (Note: No blocking small finger DIPJ.)

With the back knuckle and middle knuckle slightly bent, gently bend and straighten the tip of your finger.

Wear the buddy tapes (except during exercises) to remind you to be careful with your hand and avoid resistance to the hand.

If you were fitted with this palmar bar, wear the splint as much as possible all day to help improve tendon gliding.

Additional Instruction

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Patient Education

• You may lift objects under 3 pounds with your hand. (Note: A gallon jug of milk is +8 pounds!)
• Avoid making a tight fist with your hand.
• Do not pinch and pull apart objects with your thumb and fingers.
• Perform scar massage with lotion 2 times a day, for 1-2 minutes.

You have now finished six weeks of home exercises. Your tendon continues to strengthen, yet it will not tolerate normal use until 3 months following surgery. With respect to sports, it will be important to wait 4 months for sports that require a tight grip against resistance (e.g. golf, tennis).
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
7 Weeks Postop

Congratulations… you have reached the 7-week point in your therapy program!

Outlined below is your seven week therapy program.
- Perform the following exercises each 2 hours during the day.
- Complete 10 repetitions of each exercise – slowly.
- Each exercise is performed with your wrist back.

On your own muscle power make a tight fist.
On your own muscle power make a fist.
While keeping the fingertips bent, straighten your back knuckles.
Finish with straightening your fingers.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
7 Weeks Postop (continued)

Isolate the individual finger by holding the three other fingers straight with your opposite hand. Bend and straighten your finger.

With your opposite hand, immobilize your finger just below the middle knuckle. Bend and straighten your finger.

With your opposite hand, immobilize your finger just below the joint at the tip of your finger. Bend and straighten the tip.

Additional Instruction

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- __________________________________________________________
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Patient Education

- You may lift objects under 5 pounds with your hand. (Note: a gallon jug of milk is +8 pounds!)
- Avoid making a tight fist against resistance with your hand.
- Do not pinch and pull apart objects with your thumb and fingers.
- Perform scar massage with lotion 3 times a day, for 1-2 minutes.

You have now finished seven weeks of home exercises. Your tendon continues to strengthen, yet it will not tolerate normal use until 3 months following surgery. With respect to sports, it is important to wait 4 months for those sports that require a tight grip against resistance (e.g. golf, tennis).
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
8 Weeks Postop

Congratulations… you are now 8 weeks since surgery! From our perspective, you should be proud of your commitment to your therapy program. It is anticipated you are achieving functional motion with your hand.

Outlined below is your last set of formal exercises.

- Perform the following exercises each 2 hours during the day.
- Complete 10 repetitions of each exercise – slowly.

On your own muscle power make a fist.

Fully straighten your fingers.

On your own muscle power make a tight fist.

While keeping the fingertips bent, straighten your back knuckles.

Fully straighten your fingers.

With your opposite hand, immobilize your finger just below the middle knuckle. Bend and straighten your finger.

With your opposite hand, immobilize your finger just below the joint at the tip of your finger. Bend and straighten the tip.
FLEXOR TENDON REPAIR – FINGERS
Indiana PASSIVE Motion Program
8 Weeks Postop (continued)

Additional Instruction

Patient Education

- You may lift objects up to 5 pounds with your hand. *(Note: a gallon jug of milk is +8 lbs.)*
- Avoid making a tight fist against resistance.
- If you had surgery on your index finger (pointer finger), avoid a tight sustained pinch or a tight pinch to pull apart objects (e.g. opening a bag of chips, frozen vegetables, self-sealing bags). Avoid a tight, sustained pinch against resistance for 3 months from surgery *(very important).*

You have now finished eight weeks of home exercises. To heal, your body continues to create and remodel scar tissue. Continuing to perform the exercises on an intermittent and regular basis is extremely important. Your tendon continues to strengthen, yet it will not tolerate normal use until 3 months following surgery. Sports requiring a tight grip against resistance (e.g. golf, tennis) will be delayed until 4 months postop.

Create a tubular shape with the putty. Squeeze and rotate the putty in your hand. *(a maximum of 3-5 minutes)*

Squeeze the hand exerciser. Curl your fingers around the rod as you bend your fingers. Add a second rubber band in one week *(with therapist recommendation only).*