

MIKE FOSTER

Hand Wrist and Elbow

Flexor Tenolysis Protocol

Problem

- The flexor tendons are stuck down in the tunnel system causing restriction in range of movement.

Cause

- Adhesions have formed between the tendon and surrounding pulley system. This usually occurs after tendon lacerations have been repaired for significant injury to the fingers.

Diagnosis

- There is a lack of active flexion, re the patients arm muscle power.
- The fingers can usually be passively flexed, by the other arm, or by the hand therapist.

Treatment

- Hand therapy – work at trying to maximize gains of active flexion in keeping the finger joints supple.
- If no progress is made after three to six months, surgery is recommended.
- Surgery – GA – day surgery
 - Opening of the finger via a volar approach
 - Division of adhesions by surgical dissection
 - Early hand therapy post operatively to maximize surgical gains.

Potential Complications

- Infection, haematoma, neurovascular injury, further stiffening and adhesions.

Post Op Care

- Light dressings and then to hand therapy to push active and passive range of motion for up to three months.