

Dr. John Berschback

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Patient _____
 D.O.S. _____

FLEXOR TENDON ZONE II PROTOCOL

	POST OP DAY 3-5 – WEEK 2	WEEK 2-4	WEEK 5-6	WEEK 6	WEEK 7+	
ORTHOSIS	Wrist up to 45 dgs ext, MP flex 30 dgs and IP full ext	Modify dorsal block orthosis to Manchester (remove forearm portion) allow up to 45 dgs wrist ext	Continue Manchester orthosis	Discontinue Manchester orthosis	May add night splint for IP ext if needed. Relative motion orthosis for day to promote flexion.	
PASSIVE FLEXION	Passive flexion each IP 10 reps hourly	_____→				
ACTIVE IP EXT	With MP blocked into flexion, IP ext in orthosis	Add synergistic exercise (wrist ext with fist, wrist flex with finger ext)	IP ext with MP in full flex			
ACTIVE FIST	Wiggle to 50% fist, "move it don't use it"	Progress to 75% fist	Progress to full fist with goal full fist at Week 6			
EDEMA CONTROL	Coflex wrap digits or XSpan, elevate and ice _____→					
P.T. visits/week	1x/week _____→					
*For Zone II Repair	TENDON REPAIR IS WEAKEST POST OP DAYS 5-18					
*COMMUNICATION WITH PHYSICIAN ON QUALITY OF REPAIR	Initiate active fist with DIP flexion to promote differentiation of FDP and FDS	Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060			December 2020	