

## **Session 2.1 - Tendon anatomy and healing**

### **Objectives:**

- Describe the basic composition of tendon on a cellular level
- Describe the stages of tendon healing and understand how this relates to repair and rehabilitation strategy
- Have detailed knowledge of extensor and flexor tendon anatomy and function

### **Primary Resources:**

1. Pulvertaft Webinar: extensor apparatus of the finger; anatomy and function (52:13)  
<https://www.youtube.com/watch?v=X1YjNfNIORo>
2. Anatomy of the flexor tendons (23:04)  
<https://www.youtube.com/watch?v=Cn1Nu3P8MYs>
3. Basic structure of collagen and tendon (9:17)  
<https://www.youtube.com/watch?v=2UKp5R0qOW8>
4. Tendon biology and healing (22:34)  
<https://www.youtube.com/watch?v=zZkxgxfvQw>

### **ASSH Video Links:**

Two Stage and Zone 1 Flexor Tendon Repair - How Research changed my practice - Paige Fox

<https://www.assh.org/hand/s/watch?id=aBP0a000000MP0oGAG>

Flexor Tendon Injuries -How Reseacch Changed My Practice - Peter Amadio

<https://www.assh.org/hand/s/watch?id=aBP0a000000MP0jGAG>

Zone 2 Flexor Tendon Repair - Why Reseacrh Should Change you Practice - Martin Boyer

<https://www.assh.org/hand/s/watch?id=aBP0a000000MP0eGAG>

Flexor Tendon Anatomy and Tips for Repair - Mark Baratz

<https://www.assh.org/hand/s/watch?id=aBP0a000000LFJtGAO>

Finger Extensor Tendon Mechanism: Anatomy and Pathology - Martin Posner

<https://www.assh.org/hand/s/watch?id=aBP0a000000029kGAA>

Intrinsic Contracture - [Richard Smith](#)

<https://www.assh.org/hand/s/watch?id=aBP0a000000LNLCGA4>

## Learning Resources



<https://s.surveypplanet.com/gmu2unge>