

Session 2.5 – Flexor and extensor tendon rehabilitation

Objectives:

- Gain an understanding of the common flexor tendon regimes:
 - a) Controlled active motion (long/short hood) -wrist extension MCPJ 30 for zones 1&2. Wrist neutral /MCPJ 50 for zones 3,4,5
 - b) Manchester Short Splint (zones 1&2)
- Discuss the clinical reasoning around the choices of these regimes. Variances for POP and challenges of managing in Malawi.
- Review the management of the extensor tendon regimes. Mallet splints (zones 1&2. Central slip/lateral band injuries (zone 3). Merritt regime (zones 4-6)
- Forearm based immobilisation/mobilisation regimes (IPJ free/full splint (zones 4-8)
- Discuss the clinical reasoning around the choices of these regimes. Variances for POP and challenges of managing in Malawi.

Primary Resources:

- Pitfalls in Flexor Tendon Rehabilitation: <https://youtu.be/TQPEY-SkyUI>
- Flexor Tendon Rehabilitation: <https://youtu.be/-UGqjsCp5e8>
- Short splint flexor rehabilitation: <https://youtu.be/WrbOyu521J0>
- Thumb Extensor 1: <https://youtu.be/H1sKe4AHMAo>
- EPL tendon repair: <https://youtu.be/2nIR0KFKrZA>

ASSH Video Links:

Flexor Tendon Rehabilitation - Rebecca Neiduski

<https://www.assh.org/hand/s/watch?id=aBP0a00000LOF5GAO>

Extensor Tendon Rehabilitation, Boutonniere and Relative Motion Splinting - Wyndel Merritt

<https://www.assh.org/hand/s/watch?id=aBP0a00000LO89GAG>

Reverse Relative Motion Splinting for Boutonniere Injuries - Does it Work - Don Lalonde

<https://www.assh.org/hande/s/watch?id=aBP0a000000LNxMGAW>

Reconstruction for Tendon Imbalances: A Dying Art - Scott Lifchez

<https://www.assh.org/hande/s/watch?id=aBP0a000000MnJAGA0>



<https://s.surveypalnet.com/5ml7ngjc>