

Name _____

Date _____

Physician _____



proaxistherapy™

Patient Flow Sheet

TFC PERIPHERAL REPAIR Steadman*Hawkins Protocol

Post op Immobilize wrist in 40-45 degrees, MP joints in 0 degrees and thumb in a functional resting position of abduction.
Follow extensor tendon zone 5, 6 & 7 protocol identified below.

Extensor Tendon repair Zones 5, 6, 7:

Day 1 post op: Surgical dressing removed, wound examined and redressed.
Educate patient in edema control and wound care (provide edema sheet).

3 weeks post op: Gently debride wound PRN.
Guarded AROM, AAROM of extension at MP with wrist extension then relax MP joints to 30-40 degrees flexion.
IP joints full AROM with wrist in extension.
Scar Management.
Desensitization/ Resensitization with progressive media applications (towel, rice).

4-5 weeks post op: Active claw position to prevent adhesion
Active intrinsic plus (hood)
Active wrist flexion gradually increasing with relaxed thumb

5-6 weeks post op: Active composite thumb flexion, using graded dowels
Wrist neutral controlled splint thumb in functional resting position of abduction.
Closed fist ADL's with splint on

6-7 weeks Simultaneous finger and wrist flexion.
Begin gentle grip and pinch activities.
Can use functional electrical stimulation/dynamic splinting PRN.
ADL's without resistance.
Week 7 D/C splint.

10/12 weeks Normal ADL's.