
Learning Objectives

MedBridge

Applying Controlled Stress During Flexor Tendon Rehabilitation of the Hand and Wrist

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Course Objectives:

Upon completion of this course, learners will be able to:

1. Understand the forces generated during finger and wrist motion to the repaired flexor tendon
2. Discriminate when exercises need to be advanced to promote better tendon gliding when tendon adherence occurs
3. Understand the importance of ADL instruction of adaptive techniques to ensure compliance with orthotic application

Chapter 1: Clinical Application of Controlled Stress to Healing Tendons

- Understand the forces generated during finger and wrist motion to the repaired flexor tendon
- Learn the safe range for application of force during tendon healing phases

Chapter 2: Clinical Guidelines for Treatment Following Flexor Tendon Repair

- Discriminate when exercises need to be advanced to promote better tendon gliding when tendon adherence occurs
- Apply Groth's exercise force pyramid in clinical practice

Chapter 3: ADL Impairment

- Understand the importance of ADL instruction of adaptive techniques to ensure compliance with orthotic application
- Provide ADL adaptive one handed adaptive technique instructions