



Flexor and Extensor Tenolysis

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Tenolysis is the surgical removal of limiting adhesions from the tendon repair site and the surrounding tissue, without damage to the tendon. It requires early and aggressive post-op motion/therapy

1-5 Days Post Op

AROM—isolated and composite (10 repetitions hourly)

PROM

Place hold

Patient needs to work through the discomfort.

2 Weeks Post Op

Continue previous exercises

Initiate scar massage when appropriate

4 Weeks Post Op

Start gentle strengthening

6 Weeks Post Op

Initiate functional activities

8-12 Weeks Post Op

Patient may still require follow ups to monitor progress and for program adjustments.

Special Considerations

Poor vascularity

Pulley reconstruction

Poor tendon quality

Infection

Small finger tenolysis—decrease aggressiveness and avoid blocking