



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Flexor Tendon Repair
Post-Operative Protocol**

Days 1-7	<ul style="list-style-type: none">• Appointment with hand therapy to begin 50% active fist range of motion• Custom dorsal blocking splint, wear for 6 weeks
6 weeks	<ul style="list-style-type: none">• Discontinue splint• Make a full fist
3 months	<ul style="list-style-type: none">• NOTHING against resistance with the injured finger(s) until the 3 month mark