

**Flexor Tendon Repair
The Saint John Protocol
Dr. Michael Thomas Edgerton**

***Deviations from protocol will be noted on script.**

Day 3-5 Post Op - 2 Weeks (Evaluation 3-5 days post op)

- "You can move it but you can't use it!"
- Edema control -- elevation, compression wrap
- Immobilization: DBS - wrist in 45 extension (comfortable position), MCP in 30 degrees of flexion, IP's in full extension.
- PROM flexion of MP, PIP, DIP of all digits
- Full IP joint extension with MP in full flexion
- True active flexion up to 1/3 to 1/2 fist (active hook fist)
- No tension, painful or forceful movement

2-4 Weeks Post Op

- DBS shortened to Manchester short splint (wrist free with MCP and IP positioned as in original DBS)
- Active synergistic exercise program in Manchester short splint
- Patients to work toward half to full active fist and up to 45 degrees of wrist extension.
- Concentrate on achieving full IP joint extension with MP in full flexion
- Work towards achieving full fist by 6 weeks post op.

4-8 Weeks Post Op

- Manchester splint is discontinued 6 weeks post op
- Patients can start to use their hand for light activity
- Palm-based or digit extension splints at night if needed to correct IP joint flexion contractures
- Relative motion flexion orthoses during daytime activity are helpful
- Gentle strengthening can be initiated at 6 weeks if full motion is achieved

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