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# Indiana Hand Therapy Protocol

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Hand ECRB Open Dr.  
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## **Rehabilitation Therapy Protocols | Ortho Illinois**

indiana hand to  
shoulder therapy  
center The Indiana  
Hand to Shoulder  
Center operates the  
largest therapy facility  
in the country focused  
on rehabilitation of the  
hand, wrist, elbow and

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shoulder. Over the past 30 years it has earned local, national and international recognition for its cutting-edge treatments.

## **Indiana Hand to Shoulder Center | Therapy**

protocol, Indiana Hand Center Newsletter 1:13, 1993) is an "active-hold" or "place-hold active mobilization" protocol.



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The digits are passively placed in flexion, and the patient then maintains the flexion with a gentle muscle contraction. Patients learn to use only

## **L019d Hand Therapy Protocols**

The massage will help enhance circulation, promote healing, and dampen the pain.

MOIST HEAT. OApply moist heat [e.g. moist heat heating pad] to

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the elbow for 10 minute sessions 2 times a day. The moist heat will promote soft tissue healing and increase the flexibility of the muscles surrounding your elbow.

**The Hand  
Rehabilitation  
Center of Indiana**  
Primary Upper  
Extremity and Hand  
Extensor Tendon  
Repair Protocol This  
*Page 10/26*

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protocol is not intended to be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications.

## **Upper Extremity Extensor Tendon**

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## **Repair Protocol**

Physical Therapy Zones

2-5 Flexor tendon  
repair Protocol

Timeline Splint

Therapeutic Exercise

Precautions Other Week

3 May initiate serial

static PIP extension

splints at night if

needed. Add place/hold

if not yet done via

EAM. 1. Place/hold for

hook, full and straight

fist with wrist

extended. 2. Place hold

for isolated FDS glide

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of involved digits.

## **Hand - Flexor Tendon Repair Protocol Zone 2-5**

MODIFIED DURAN  
PROGRAM: FLEXOR  
TENDON REPAIR  
(ZONES I II III) DAY 2-3

Remove protective  
splint making sure to  
keep hand postured in  
a protective position.  
Remove post-op  
bulking dressings,  
inspect the wound and  
replace with a light

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dressing.

**MODIFIED DURAN  
PROGRAM: FLEXOR  
TENDON REPAIR  
(ZONES I II ...**

The Indiana Hand to  
Shoulder Center is  
committed to  
excellence in the  
treatment of the hand,  
as well as the wrist,  
elbow and shoulder.  
Since 1971 patients  
from across Indiana,  
and throughout the  
United States, have

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placed their trust in our top orthopedic surgeons specialized care from hand to shoulder.

## **Indiana Hand to Shoulder Center | Specializing in the ...**

Distal Radius Fracture  
ORIF Rehabilitation  
Protocol Kelly  
Holtkamp, M.D. Please  
fax initial evaluation  
and progress notes to  
815-381-7498. 1-14  
Days Postoperative Do

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NOT remove the surgical bandage.

Restrictions: No heavy lifting or pulling greater than 0 lbs. for 6 weeks.

No driving if the surgical

## **Distal Radius Fracture ORIF Rehabilitation Protocol**

Protocol for Central Debridement Here is a basic rehabilitation protocol following a central debridement of



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the TFCC. The  
Diagnosis & Treatment  
Manual for Physicians  
& Therapists published  
by the Indiana Hand to  
Shoulder Center (which  
can be found here) also  
provides evidence-  
based guidelines and  
protocols for TFCC  
injuries and repairs.

## **What is the TFCC? How do you Treat it? - Rehab U Practice ...**

The Indiana Hand to  
Shoulder Center

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(established the Ruth A. Lilly Library to support research and education relating to surgery and therapy of the hand, wrist, elbow and shoulder. The library supports the clinical and research activities of the IHTSC physicians, fellows, orthopedic residents, therapists, nurses, as well as Indiana University ...

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**Shoulder Center |  
Fellowship Program**

Week 2 Sub-maximal pain free biceps isometrics with forearm in neutral. Week 3-4 Single plane active ROM elbow flexion, extension, supination, and pronation. Week 8 Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation.

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**Distal Biceps Tendon  
Protocol - Brigham  
and Women's  
Hospital**

protocol, Indiana Hand  
Center Newsletter  
1:13, 1993) is an  
"active-hold" or "place-  
hold active  
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The digits are passively  
placed in flexion, and  
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with a gentle muscle  
contraction.

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## **Indiana Hand Therapy Protocol - modapktown.com**

In general, it is a progressive instability or degenerative arthritis that occurs at the base of thumb, that over time fails conservative treatment, which includes bracing, therapy, anti-inflammatory medications and corticosteroid injections. After failure

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of conservative treatment, patients become a candidate for surgical intervention.

## **CMC Arthroplasty Rehabilitation Protocol**

De Herder's book is the only resource that contains in one book protocols for hand therapy interventions. The book provides step-by-step, simple, 'instructions' to guide

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therapists working in hand and upper extremity therapy--including injuries, post-surgical repairs, joint replacements, and replantations.

## **Evidence Based Hand and Upper Extremity Protocols**

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☐ You will be instructed to make an appointment with hand therapy (OT) around 5

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days following your surgery. Depending on the clinic where hand therapy will be performed, please contact our Edina office at 952-456-7000 or our Plymouth office at 763-520-7870. WEEKS 0-1: □ Remain in post-operative finger splint

**(PIP) Proximal Interphalangeal Joint Arthroplasty**  
Presenting over 100 rehabilitation protocols



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for the hand and upper extremity in an easy-to-use, step-by-step format, this practical reference provides surgeons and therapists alike with a go-to source for the therapy technique or strategy appropriate for their patients. Covering injuries from the shoulder, elbow, wrist, hand and fingers, each ...

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