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# Learning Objectives

MedBridge

*Flexor Tendon Rehabilitation of the Hand and Wrist*

Kristin Valdes, OTD, OT, CHT

## Course Objectives:

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

1. Understand the complex tendon anatomy of the hand and wrist
2. Identify the healing timeframe after flexor tendon repair
3. Discriminate between rehabilitation protocols for specific patients

## Chapter 1: Considerations Regarding Tendon Anatomy

- Understand the complex tendon anatomy of the hand and wrist
- Describe the relationship between the flexor profundus and superficialis tendons

## Chapter 2: Flexor Tendon Zones and Healing

- Identify the healing timeframe after flexor tendon repair
- Discriminate between suture repair properties

## Chapter 3: Four Types of Early Rehabilitation Programs

- Discriminate between rehabilitation protocols for specific patients
- Understand the role of application of stress to the healing tendon

## Chapter 4: Current Evidence

- Understand the implications of the Trumble et al. article for clinical practice
- Provide patient specific information regarding the effect of smoking on outcomes following flexor tendon rehabilitation