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