

PROCEDURE SPECIFIC HAND CPM THERAPY

Flexor Tendon Repair

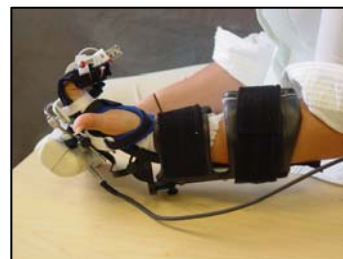
1,2,5,6,7,8,9,10,12,16,17,18,21

Set-Up

- If possible the patient should be instructed on hand CPM use preoperatively to improve compliance.^{2,17,19}
- CPM should be initiated 48-72 hours postoperatively.^{2,17,19}
- A Kinex 8091 Hand CPM is used with a Kinex palmless CPM glove. This allows easy application and removal to improve compliance of passive and active ROM programs.^{2,19}
- The wrist is flexed at 30 degrees and the MP joints are flexed at 45 degrees in a dorsal blocking splint.¹⁷ This set up is achieved with the Kinex CPM splint with the MCP block attached.
- Palmer support straps the forearm, wrist, palmer arch and proximal phalanges.

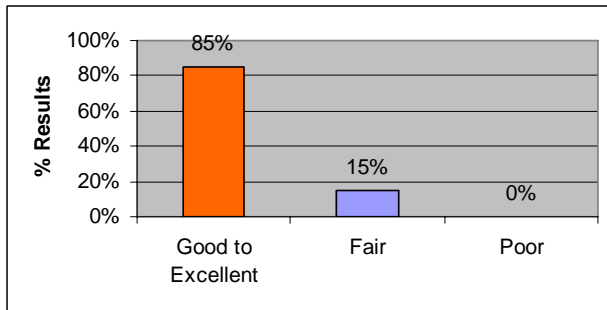
Wearing Schedule

- The CPM is used 8-12 hours per day or as directed for 4 weeks followed by alternating CPM with active exercise weeks 5 and 6.¹⁷
- CPM is typically discontinued at 6 weeks.¹⁷
- The patient will wear the protective extension-blocking splint alone when not using CPM.¹⁷



PROM Goals

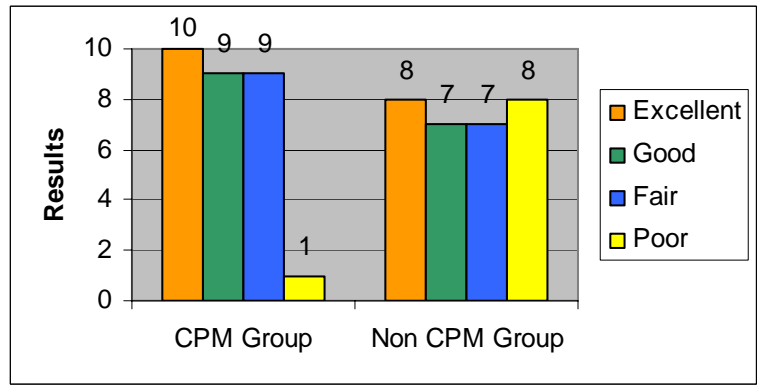
- CPM is set to produce a 60 degree arc at the PIP and 30-40 arc at the DIP. ROM settings may be less based on patient tolerance and physician standard of practice.¹⁷
- A CPM program may be combined with a controlled active mobilization program.¹⁷
- The end goal is 90-100 % of passive and active ROM.¹⁷



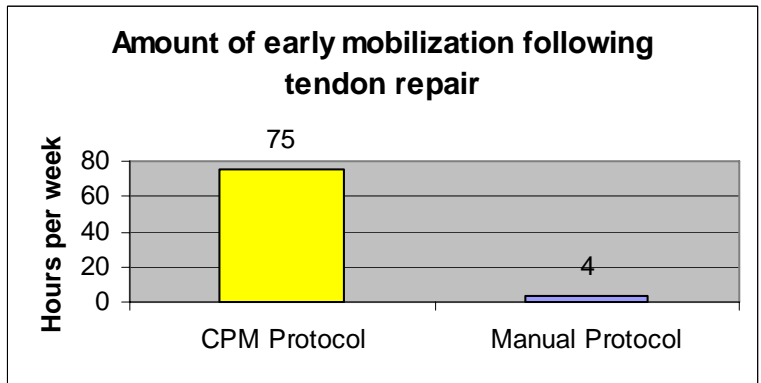
Bunker et al.

References:

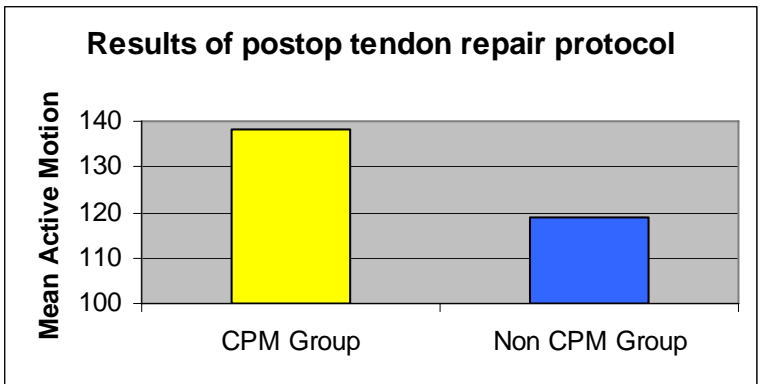
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Modified from Gelberman et al.



Gelberman et al.



Gelberman et al.

CONTRAINDICATIONS

Acute inflammation of the joints, unless explicitly recommended by the doctor, spastic paralysis, unstable fractures. *This device must be used under the advice and care of a physician.*